

THE BUZZ

Winter 2020 - JAN, FEB, MAR, APR

INTEGRITY, FAIRNESS, RESPONSIBILITY, PERSEVERANCE, OPTIMISM,
COURAGE, RESPECT, COMPASSION, EMPATHY, HONESTY, INCLUSION



CONSIDER BECOMING A CLNP MEMBER OR JOINING OUR BOARD OF DIRECTORS...

Our Board of Directors guides and governs CLNP, ensuring the agency is working towards fulfilling our vision and mission. Directors are the organizational leaders, planning the strategic direction and monitoring the agency's affairs on behalf of the membership.

Directors are nominated and elected at our Annual General Meeting. To learn more about the role of the Board of Directors, contact Mark Phillips, Executive Director at 519.291-1350 ext 229.

HOW TO REACH OUR OFFICE: 519-291-1350 ext.

Mark Phillips, Executive Director:	299
Tracy Wareham, Manager:	222
Sondra Scott, Manager:	225
Carolyn Bender, Manager:	224
Sonia Arnold, Administrative Assistant:	100
Kelly Hallman, Coordinator:	307
Janene Cameron, Coordinator:	300
Hiedi Long, Coordinator:	304
Connie Mayburry, Coordinator:	305
Kathy Jo O'Grady, Coordinator:	306

*For Assistance:
Dial '0' or stay on the line



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Message from the Executive Director

We all know our region faces challenges. The affordable housing crisis, insufficient funding, a precarious labour market, transportation - the list goes on.

It's easy to feel disillusioned by these issues. What inspires me are the people who step up to do something about them. I'm fortunate to work with those kinds of people every day at Community Living North Perth (CLNP).

When I see the way our staff engage people supported by CLNP, I see first-hand the difference our team is making. It's a difference they're (rightly) very proud of. I also gain a better understanding and realization that this is more than just a job for our staff team. It's a commitment to your fellow community members.

Today, employment is about more than a pay cheque. In fact, in a recent presentation about the future of work from a Youth Advisory Committee, it was pointed out that work gives meaning to people's lives - so people need opportunities to do meaningful work! They need to feel challenged, with projects that test their skills and push them to build new ones. And they need to see a direct connection between their efforts and impact.

In my experience, agencies like Community Living offer all three of these elements that make work meaningful. Perhaps most importantly, they offer opportunities to make a difference. Here at CLNP, people who care about their communities can contribute to making them stronger.

Their work helps others, but it's also good for them. Meaningful employment is a key element of well-being. It gives people a sense of purpose. It helps us feel like we're continuously growing and learning. And it helps us fight those feelings of disillusionment, because you get to help people every day.

At CLNP, we're very much aware of our region's challenges. Our staff confront them on the front line every day. But every day at CLNP, we also see things that give us hope. Our recent launch of our largest fundraising campaign, "The Power of Inspiration" has already raised \$30,000 of its \$50,000 goal. A fundraising campaign like this one brings together our staff, people supported, and our community as a whole.

So, we're very familiar with obstacles. We also know a lot about opportunities to overcome them. The work our staff members do every day helps many people across North Perth. Their kindness, caring and commitment to making a difference is what make CLNP's impact possible and I believe it's what makes our agency a great place to work.

Mark Phillips
Executive Director, CLNP

SPECIAL THANKS

WE WOULD LIKE TO THANK THE FOLLOWING FOR THEIR GENEROUS DONATION & TIME FOR THE DECEMBER SOUP & SANDWICH LUNCH

Connie Ruttan
Jill Calder
Anna Pentz
Velma Hamilton
Kelly Mackie
Heather Frank
Janene Cameron
Ron and Debbie Wilson
Carrie Gottfried
Kathy Lucas
Taylor Stone
Dianne Eby
Gail D'Arcey
Ruth Ann Partridge
Donna Thompson
Linda Lehmann
Hiedi Long
Steph Parkhouse
CLNP Cooking Class
Brenda and Barb Holst
Kelly Davidson
Grayridge
Bonnie Ford
Don Gibson Construction
Mat Savage
Christine Fizell
Brandi Lavrysen
Ross Stone
Bare Necessities
Lynda Atkinson
Caring Hands
Listowel Banner
Tracy Gibson
Kim Yorke
Lyndsey Robinson

Our December Soup and Sandwich Lunch raised \$2000.00 for our Summer Support Program. Thank you to everyone that donated and for your support!



THANK YOU TO OUR VOLUNTEERS

JILL CALDER
BRANDI LAVRYSEN
LYNDSEY ROBINSON
CHRISTINE FIZELL
MAT SAVAGE
ROSS STONE
VELMA HAMILTON



Welcome | Farewell

WELCOME

Jan Denny
Alexis Patterson

FAREWELL

Eric Honorkiewicz
Maddison Mehring



THANK YOU FOR YOUR SUPPORT



On Behalf of the Black Tie Bingo Fundraising Committee and Community Living North Perth, I would like to take this opportunity to Thank You for donating towards our successful Black Tie Bingo... a night on the town fundraising event. Without the continued support of this most generous community we could not organize events as successfully as we do.

This unique event was once again overwhelmingly received by all who attended. It was an interactive evening filled with great music, superb food, many laughs and another great opportunity for the community to support our organization.

Your outstanding support and commitment to this community and Community Living North Perth is so very much appreciated!

Once again, many thanks for supporting Community Living North Perth and Black Tie Bingo 2019. We wish you and your families a wonderful holiday season and a happy 2020!

Sincerely,

Sue Thompson
Black Tie Bingo, Event Coordinator

Mark Phillips
Community Living North Perth, Executive Director



The POWER of Inspiration



\$50,000 CAMPAIGN TO SUPPORT ACCESSIBLE LIVING & SUMMER SUPPORT PROGRAM

Community Living North Perth (CLNP) is a registered charity that has been inspiring possibilities since 1958. Offering a wide range of services, CLNP supports more than 50 adults with developmental disabilities to live full and meaningful lives. As a charitable organization, we champion and advocate for their inclusion and full citizenship in our communities.

Our Board of Directors recently completed our new 3-year Strategic Plan. The plan recognizes that demand for our programs will continue to grow and that CLNP needs to be more creative as we seek to respond, while remaining mindful of the limited resources available to us. CLNP's operating costs are funded 100% by the Ministry of Children, Community and Social Services.

For the first time in our sixty-year history, CLNP has launched a major \$50,000 fundraising campaign to support (i) accessible living and (ii) summer support program. These are both programs that fall outside of the scope of Ministry funding. Our hope is that local leaders, businesses, service clubs, families and others will help us reach our goal.

OUR VISION

Supporting individuals in a welcoming community

OUR MISSION

We are dedicated to promoting quality of life through education, advocating inclusion, realizing dreams and supporting people to be contributing members of their community.

OUR VALUES

Respect

Inclusion

Empowerment

Integrity

Innovation

CAMPAIGN GOAL \$50,000

ACCESSIBLE LIVING \$25,000

Nichol Avenue Residence – Basement refurbishment – \$10,000

Features: This duplex has offered a safe and affordable residence to people we support for the past 30 years. The basement is in need of a refurbished bathroom, new flooring and a fresh coat of paint. The lower level is a two-bedroom unit that will serve a new resident or two for the next few years to come.

Benefits:

- Serve up to 2 residents.
- Renovation geared to resident's physical and emotional needs.
- Resident's involved in refurbishment design (eg. bedroom colours, pictures on wall, etc).

Main St. E – Conversion of Men's Washroom to Family Washroom with adult change bed and lift – \$7,500

Features: Our main office provides standard washrooms, however, does not accommodate people who require a lift to use the washroom. The conversion of the Men's washroom into a Family washroom with these amenities will accommodate anyone who needs it.

Benefits:

- Provides a fully accessible washroom for people while visiting the building
- Offer the only truly accessible washroom in the area that provides these amenities for people passing through Listowel

Elma Street Residence – Outdoor living space – \$5,000

Features: After the development of the Habitat for Humanity home that was built, there was no green space available for the residents. This investment will provide a patio – stone deck and outdoor furniture – in the backyard and a green space for everyone to enjoy.

Benefits:

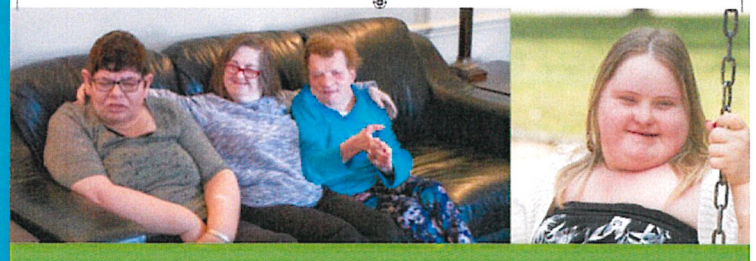
- Allows the two residents to enjoy their backyard which is currently unusable.
- Green space and outdoor time will be beneficial for the residents over the spring, summer and fall.

Posen's Park Residence – Bathroom refurbishment and outdoor residential restoration – \$2,500

Features: This two-bedroom, two-bathroom modular home is fully accessible however, has sustained wear and tear over many years. To ensure its full functionality, the home requires some repairs to the exterior foundation skirting and a bathroom renovation.

Benefits:

- Updating the original bathroom so the resident has a decent private bathroom that is functional for all abilities.



SUMMER SUPPORT PROGRAM \$25,000

8 Week Summer Support Program

Based in Listowel, the summer program typically hosts, on average, 15 youth and provides the appropriate supports and transportation for all activities. Community Living North Perth provides individual supports as well as group activities and an experience of every teenager's dream!

This includes fun-filled experiences in the community, as well as, out of town excursions. The experience involves local trips, arts, crafts, science and technology events. Parents are included in planning; goal setting and an end of summer wrap up party which always leaves every with lasting memories.

Summer Supports offers CLNP the opportunity to meet and spend time with students and their families who, one day, may need adult support services in their lives on an ongoing basis. Meeting these students and their families when they are 14 and 15 years old offers the time to assist them to submit funding proposals to the Ministry of Children, Community and Social Services because, typically, the wait for funding can take up to 5 to 6 years.

The program allows participants and families to identify more independent living skills - cooking, laundry, personal care, household financial management - that can be included in the summer supports program. These are the life skills that prepare these young people for their adult lives.

Participants are also engaged in volunteerism and fundraising, while having fun; generating funds for their own program while giving back to their community. Volunteer experiences sometimes lead to employment opportunities for some youth. This experience is about exploring how to truly become a contributing member of their community.

LOCAL NEWS

Community Living NP program benefits from Canada Post donation

Foundation for Children donates \$2,800 of locally-generated funds

DAN MCNEE

dmcnee@listowelbannernews.com

NORTH PERTH - A new project created by Community Living North Perth (CLNP) will be the beneficiary of a charitable program run annually by Canada Post, both agencies announced Friday.

The Canada Post Community Foundation for Children contributed \$2,800 to CLNP's new esteem program on Nov. 8 at its

Listowel branch office. The donation was raised locally over the month of October by Canada Post customers and staff, and it marks the first time in its eight-year existence that Community Foundation for Children dollars are being distributed within North Perth.

"We want to thank you for all that you do for our community," Canada Post area superintendent Terri Weber told CLNP representatives Bonnie Ford and Tracy Wareham. "It's great that this gets to stay within our community. We try to get local community organizations that are helping to make a brighter future for our children."

The Canada Post Community Foundation has raised approxi-



Dan McNea Photo

ESTEEM BUILDER - The Canada Post Community Foundation for Children contributed \$2,800 to Community Living North Perth's new esteem program on Nov. 8 at its Listowel branch office. The donation was raised locally over the month of October by Canada Post customers and staff. CLNP's esteem program focuses on the local teenage girl demographic, offering a support network for a variety of potential issues.

mately 58 million nationally over the last eight years. CLNP's esteem program focuses on the teenage girl demographic, offering a support network for issues as complex as relationships to

things as simple as hygiene.

"A lot of different things that younger kids are dealing with, that they might not have the tools to properly deal with them," said Ford, who created the program

and will oversee its initial operation. "The resources are out there; we're just hoping to be that bridge where they can come to a safe spot to have that chat and direct them."

EMPLOYEE APPRECIATION

YOU ARE...

Terrifically Tireless, Exceptionally Excellent, Abundantly Appreciated And Magnificent Beyond Words! So Glad You are Part of our Team!

Sondra Scott - 25 years

Allison Gibson - 12 years

Candice Hamilton - 8 years

Joan Beauregard - 8 years

Bonnie Ford - 5 years

Sandra West - 4 years

Connie Ruttan - 3 years

Katelyn White - 3 years

Mark Phillips - 3 years

Taylor Stone - 1 year

HAPPY ANNIVERSARY!!

WHAT AN AMAZING, SUPPORTIVE COMMUNITY WE HAVE IN NORTH PERTH!

THANK YOU TO BRENT LINKLATER AND DESJARDINS INSURANCE FOR THEIR DONATION

Thursday, December 26, 2019 - The Listowel Banner - Page 3



Dan McNea Photo

COMMUNITY GOODWILL - Community Living North Perth (CLNP) was recently selected to receive a \$4,000 grant from Desjardins Insurance's Listowel branch through its GoodSpark Community Grants program. The funding will be used to provide accessible living upgrades and summer programs for local residents with developmental disabilities. Desjardins Listowel owner/agent Brent Linklater presented the cheque to CLNP-supported individual Cindy Hamilton and CLNP manager Tracy Wareham on Dec. 18.

WANT TO SEE WHAT INCLUSION LOOKS LIKE ? A HIGHSCHOOL MARCHING BAND SETS THE BAR FOR US ALL.

Here, everyone wins.

By: Annie Reneau

The word "inclusion" gets thrown around a lot these days, but it's not always clear what that looks like. People with disabilities and different abilities are everywhere —what does it mean for everyone to be "included"?

A video shared by the mom of a severely intellectually disabled teen offers a perfect example of what it can look like—and people are loving it. Carissa Brealey Bonacci of New Mexico shared a video on Facebook of her sons, Aidan and Isaac, performing with the Oñate High School marching band.

She wrote:

My middle son, Isaac, is severely intellectually disabled and rarely gets to participate in the same activities as his siblings. When Isaac started high school this year, my older son, Aidan, convinced me to let Isaac join the marching band. Isaac cannot play an instrument and needs constant supervision, so I was extremely skeptical. But marching band is Aidan's family-away-from-home, and I was touched at how much he wanted to share that with his little brother. I caved, and I've been blindly sending the two of them off to band camp and rehearsals for the last six weeks. I figured Isaac was helping set up equipment or run water bottles, and he came home every day very happy and chatty. What more could I want?

Last night the boys had their first marching performance of the season. Isaac did not set up equipment or run water bottles. He PLAYED. He played percussion just like his big brother. He stood front and center in the percussion pit and totally jammed on a drum pad. The pad muted his playing, which was pretty off-beat and completely out of sync with the rest of the band, but he had the time of his life. I bawled.

The band director has thanked me for allowing Isaac to be part of the band, and Aidan has told me many times how much everyone loves having Isaac there, but I don't think I really got it until last night. I'm so used to Isaac being treated like a burden (with varying degrees of patience and tolerance), even by relatives. Seeing him be so thoroughly appreciated for who he is (and not judged for what he isn't) is something I never expected outside our family. I just had to share. I couldn't be prouder of both my boys.

The fact that Isaac's big brother advocated for him to join the marching band is touching. The fact that the band director not only welcomed Isaac in, but thanked his mother for allowing him to be part of the band is wonderful. And the fact that Isaac got to be an active participant in the band's performance and not just a helper on the sideline is what inclusivity really looks like.

Inclusion means making accommodations that allow a person to participate in an activity in a way that works for everyone. Often that means getting creative. Sometimes it means thinking outside the box. But it always means putting compassion and empathy ahead of rigid rules or traditions.

When inclusion is done well, everyone wins. In this story, Isaac is happy. The band is happy. The band director is happy. Isaac's family is happy.

And frankly, anyone who is not happy watching this video needs to have their grinchy ol' heart examined. This is humanity at its best. Well done, Oñate High.

Here is the video link - <https://www.ctvnews.ca/lifestyle/inclusion-is-a-beautiful-thing-u-s-boy-with-disability-plays-in-marching-band-1.4587929>

BIRTHDAY CELEBRATIONS

JANUARY

Nancy Wade
Bonnie Ford
Cindy Hamilton
Sheila Morgan
Brandon Lehmann
Sondra Scott

FEBRUARY

Shannon Ostriznick
Alicia Stevens
Becca Hughes
Barb Dyck
Tracy Wareham

MARCH

Mark Phillips
Connie Mayburry
Kelly Coulter
Connie Ruttan
Ruth Struthers
Darrell Zimmerman
Katie McWaters
Tracy Gibson
Joan Beauregard

APRIL

Mervin Jantzi
Rob Scott
Mike VandenBraak
Jan Denny
Brad Schmidt
Ashley Willemson
Marg Lang
Sonia Arnold
Robert Mennie
Rick Barker

If you are a fan of Podcasts, Here is a definite listen...

EMPOWERING ABILITY PODCAST

Empowering people with disabilities to live an incredible ordinary life.

EPISODE #058 - What I Learned Moving out of Mom and Dad's

It has been a little over one year since my sister, Sarah has come onto the podcast – and a lot has changed for Sarah. The most significant change has been Sarah moving out of mom and dad's and into a home of her own. This single decision to move out of mom and dad's made 1000 decisions for Sarah and our family. This one decision for Sarah to have a home of her own has allowed her to grow into the capable young woman that she wants to be.

Before the Move

On the podcast, Sarah shares her journey starting from leaving the school system and spending the better part of a decade living in our parent's basement.

Sarah shares, "Mom and Dad did everything for me. I had no choice [living in their home]."

Our parents (and me) made decisions and did everything for Sarah - we acted out of love and with the best intentions... BUT, this created the institution of home. I've realized a person doesn't have to live in an institution or a group home to have choice and control stripped away.

Eventually, Sarah pushed hard to have her voice heard, which created a lot of conflict and tension in our family. It caused enough pain and pressure for our family to finally act instead of continuing to live our lives by default. We had a lot of conversations as a family and engaged with a facilitator to help moderate the discussion and plan an optimal path forward. Sarah wants a place of her own; however, mom and dad thought it was too big of a jump. So, we all agreed on the interim step of Sarah and me living together for two years.

The Experience of Moving out and Mom and Dad's

July 2018, Sarah moved out of mom and Dad's place and in with me (her brother).

On the podcast, Sarah shares how the move out of mom and dad's house gave her the change of environment needed to open the door for her to develop valued roles of; contributing adult, roommate, and daughter. She also shares the ups and downs she has experienced in her new home when it comes to:

Decision making: significant increases in choice and control

Supporters: building and managing her support team (in replacement of mom's caregiving)

Opportunity to do everyday things: meals, laundry, cleaning, etc.

Dealing with overwhelm.

Breaking down co-dependency: shifting the relationship with mom from caregiver to mother.

***Take a listen to the podcast to hear these insights.**

What was helpful for you in making this change?

Sarah discusses the three things that were most helpful for her:

1. My support circle; helped to make decisions, to provide new ideas and perspectives, and to provide social and emotional support.
2. Talking through challenges to process how she was feeling.
3. Meditation.

Take a listen to this podcast to get Sarah's perspective and the wisdom she has to offer you!

<https://empoweringability.podbean.com/e/058-what-i-learned-moving-out-of-mom-and-dad-s/>

PHOTO ALBUM



CHECK OUT OUR EVENTS CALENDAR ON OUR WEBSITE

www.clnorthperth.ca

Here is a list of some of our regularly scheduled events.

- *Walking Group with Cathy Bitton Mondays 1030-1130am at Steve Kerr Memorial Arena
- *Cooking Classes Thursdays from 10am to 12pm
- *Tuesdays Table from 2-4pm at CLNP
- *Movie Day first Wednesday of the month 2-4pm at CLNP
- *Games Day second Wednesday of the month 2-4pm at CLNP
- *Bowling third Wednesday of the month 1-4pm at Molesworth Lanes
- *Band Jam first and third Thursday of the month 7-8:30pm at CLNP
- *Exercise every Friday at CLNP from 1-2pm
- *Swimming 4th Friday at Wingham Pool 12-4pm

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For more information about any of our events, visit our website or call 519-291-1350