

# THE BUZZ

APRIL 2019

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



## Cooking Classes with Bonnie

One in six Canadians lives in poverty. This number is disproportionately higher for people with developmental disabilities since many of them are on a fixed income and unable to find meaningful employment. Due to their financial circumstance, many aspects of the quality of their lives are impacted, including but not limited to: type of housing and affordable housing; affordable and healthy food; and, access to transportation.

Community Living North Perth currently offers cooking classes to groups of people with developmental disabilities. The program offers nutritious food, while engaging participants in how to purchase and prepare delicious, healthy meals and how to select food that benefits one's health overall. This program does not need to be limited to people supported by CLNP; and, participants would benefit from having anyone from the community attend the weekly get-together. Guidelines and protocols from the Health Unit are in place.

In an effort to increase access to safe, affordable, nutritious food, appropriate to one's needs, culture, and preferences, funding through the United Way's 'From Poverty to Possibility' can be fully realized and has potential to impact so many more people on a regular basis.

Sometimes awareness and a little education from qualified people is all it takes to make such a consequential shift.

The gap when it comes to access to healthy food in most communities, including North Perth, is monumental: for example, people with lower incomes have to choose between a head of broccoli or Kraft Dinner, the latter of which will suffice as a meal.

I am delighted to share that the United Way Perth Huron has provided Community Living North Perth a \$10,000 grant to deliver this program over the next year. We anticipate engaging an additional 150 people in this food security community program – open to all. In addition, Community Living North Perth has partnered with the Local (Stratford), Salvation Army, and Health Unit to make this program truly meaningful and impactful.

Thank you, United Way Perth Huron, Bonnie Ford and all of our partners!

Finally, here is an impact statement from a participant of this program: Sean joined the cooking class last year and began learning how to prepare different types of meals including entrees, deserts, and snacks. Due to consistent classes and a trained instructor, Sean is now able to prepare his own meals and feels comfortable setting a dining room table as well as serving those around the table. These skills overall give Sean a sense of pride and have impro

## 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:	<b>229</b>
Tracy Wareham, Manager:	<b>222</b>
Sondra Scott, Manager:	<b>225</b>
Carolyn Bender, Manager:	<b>224</b>
Sonia Arnold, Administrative Assistant:	<b>100</b>
Kelly Hallman, Coordinator:	<b>307</b>
Janene Cameron, Coordinator:	<b>300</b>
Hiedi Long, Coordinator:	<b>304</b>
Connie Mayburry, Coordinator:	<b>305</b>
Kathy Jo O'Grady, Coordinator:	<b>306</b>

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



820 Main St. E. Box 220  
Listowel, ON  
N4W 3H4  
Phone: 519-291-1350  
Fax: 519-291-2747  
Email: info@clnorthperth.ca  
Or visit us at www.clnorthperth.ca

## SPECIAL THANKS

**WE WOULD LIKE TO THANK  
THE LISTOWEL KINETTES  
FOR DONATING THE  
PROCEEDS OF THEIR 'POT OF  
GOLD SHARING' TO  
COMMUNITY LIVING NORTH  
PERTH**



## WELCOME FAREWELL

### WELCOME

#### Summer Students

Tyler Hak Andrea  
Versteeg Kelsey  
Gimblet

#### Part Time Staff

Deanna Vaughn

### FAREWELL

Laura Wooddisse  
Shelby Douglas

Why Ontarians with developmental disabilities still face employment barriers  
Though strides have been made for people who have an intellectual or developmental disability in achieving inclusion and meaningful roles in the community, we still have work to do as a society and a country. One area, in particular, that needs improvement is access to employment. It is difficult for anyone to be fully independent without having their own source of income to support themselves.

The employment rate for people who have disabilities is a third of the rate for people without a disability, at just under 25%. Even those who do have jobs can often only find part-time work and earn almost 45% less than those without disabilities.

Most of us wonder why there is still such a discrepancy, and an article written by Kevin Spurgaitis for TVO shed light on several reasons that could be contributing to this: provincial income-support programs that penalize recipients for earning more than a specific amount, employment services that keep people underpaid and separated from the mainstream workforce, and negative perceptions from employers or the general community.

“There’s been a lot of progress made in terms of the status of people with disabilities, certainly, from a legislative and social perspective,” states Chris Beesley, CEO of Community Living Ontario, in the article. “And yet, if you look at someone with a disability, the social perspective remains that there’s something wrong with that person. They’re not seen as productive; they’re not seen as having value and having a contribution to make.” But when they’re viewed as employees, Beesley says, they’re “cast in a much more

positive light.”

Though some systemic changes have been made, where we can all push for change is by challenging the false perceptions that are unfairly placed on people who have an intellectual disability.

As stated above, a significant barrier to an inclusive workforce is employers’ attitudes and assumptions about people who have disabilities. Overcoming this obstacle often involves educating employers as well as supporting people in their job search. Agencies and employment service providers within the developmental services sector often provide what is needed to fill the gap from both ends.

“A lot of the time, it is just working with employers to help them understand that it may look a little bit different than how they typically recruit, onboard, and [train] someone,” says Jackie Moore, a labour-market consultant for Community Living Ontario and Ready, Willing & Able.

She advises employers to communicate more, make accommodations when necessary, and be more flexible in general.

“Together, we will try to work around whatever may present a barrier and find a way that will set someone up best for success,” she adds.

Julie Timmermans, a 31-year-old woman from Strathroy who is a Dining Support Worker at Sprucedale Care Centre, appreciates her job because of what it provides for her. She enjoys the routine, interacting with her coworkers and the residents, and that she is fairly paid for her work.

“I feel very lucky to be working at this job,” Timmermans says. “I have a friend with Down Syndrome who’s having a hard time finding a job right now.”

Along with her other commitments like volunteering in her community and enjoying time with her loved ones, plays a big part in how she’s chosen to shape her life.

“I’m doing very well now, and I’m kind of good where everything is,” she concludes. “And there is this one other thing I could say about myself: I’m very proud.”

This story was summarized from Kevin Spurgaitis’ article.

Marwa Osman, Community Living Ontario

# MAY IS COMMUNITY LIVING AWARENESS MONTH...

Throughout the month of May, you might notice the lights illuminating our main office on 820 Main Street East, Listowel. We are highlighting our organization for the month of May to bring about awareness to the work we do everyday in support of people with developmental disabilities. We ask members of our community to take a look at our website and learn more about us. You can find us at [www.clnorthperth.ca](http://www.clnorthperth.ca)



## HAPPY 50TH BIRTHDAY BRAD



Brad celebrated his 50th birthday in April with a party at the Listowel Legion. Many family and friends attended. What a fun night!



## BIRTHDAY CELEBRATIONS

April 2	Mervin Jantzi Rob Scott
April 11	Mike VandenBraak
April 15	Brad Schmidt
April 16	Ashley Willemson
April 18	Marg Lang Sonial Arnold
April 27	Robert Mennie
April 29	Rick Barker
May 9	Nancy Partridge
May 15	Kim Lowry Ciara Currah
May 17	Tyler Hak
May 19	Steven Klassen
May 21	Blanca Luz
May 26	Paul Carere
May 27	Anthony Dietner
June 7	Sheila Moir
June 8	Kelly Mackie
June 9	Amanda Wilson
June 16	Janene Cameron
June 17	Andrea Hruska
June 20	Carolyn Bender
June 26	Maddison Mehring
June 29	Katelyn White

# SUMMER SUPPORT PROGRAM



## Available for youth ages 14-21 with a developmental disability

Runs July 2nd to August 23rd

Students focus on a typical teenage summer, providing assistance to pursue such things as employment opportunities, volunteer positions, maintain contact with school friends, participation in recreation activities and enjoying personal growth through the opportunity to learn important life skills such as personal financial management, social interaction with friends and places of employment and self-determination in the coordination of their own summer activities.

Community Living North Perth provides this service at no cost, but would appreciate if students had passport or family service funding that they would consider using their dollars for the summer support program.

If you are interested in registering or require more information please contact:  
Bonnie Ford – Summer Support Coordinator  
bford@clnorthperth.ca | 519-291-1350 x 416



THE SELF ADVOCATES North Perth  
Invite you to a  
**FAMILY DANCE!!!!!!**  
Adults \$7/ticket  
Children 10 and under: \$2/ticket  
Pop, chips, prizes and more!!

WHERE  
Parkview Gardens  
575 Elizabeth Street East

WHEN  
Friday May 10th, 2019

TIME  
7pm – 10pm

For More Information Call  
Tanya Dobson (519) 291-0217

## COMMUNITY LIVING ONTARIO

Community Living Ontario's 66th Annual  
General Meeting and Conference is being held  
from September 18 – 20, 2019 at the Valhalla  
Inn in Thunder Bay, Ontario.



## AGM

THE BOARD OF  
DIRECTORS OF

## COMMUNITY LIVING NORTH PERTH

WOULD LIKE TO EXTEND  
AN INVITATION TO YOU  
TO ATTEND THE ANNUAL  
GENERAL MEETING  
TO BE HELD AT

820 MAIN STREET EAST  
MONDAY JUNE 10, 2019

7 P.M.

# EMPLOYEE APPRECIATION

## YOU ARE ...

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

CAROLYN BENDER - 31 YEARS

SONDRA SCOTT - 24 YEARS

CATHY KRABBE - 21 YEARS

HIEDI LONG - 20 YEARS

TANYA DOBSON - 15 YEARS

SHAUNNA NEISEN - 12 YEARS

CANDICE HAMILTON - 7 YEARS

JOAN BEAUREGARD - 7 YEARS

KATIE MCWATERS - 5 YEARS

BLANCA MCCORMICK - 4YEARS

MADDISON MEHRING - 2 YEARS

MARK PHILLIPS - 2 YEARS

KATELYN WHITE - 2 YEARS

## COMMUNITY LIVING NORTH PERTH SOUP & SANDWICH LUNCH

THURSDAY MAY 16, 2019

Come & Go

11:00am – 1:00pm

Community Living North Perth  
820 Main St. E, Listowel

**\$8.00 PER TICKET**

(Advance tickets available)

TAKE OUT ORDERS AVAILABLE - ORDERS NEED TO BE  
CALLED IN BY TUESDAY MAY 14, 2019  
(Soup, Sandwich, Celery, Carrots & Squares)

For Tickets Call 519-291-1350

Fax order 519-291-2747 or

Email order to [info@clnorthperth.ca](mailto:info@clnorthperth.ca)

**DURING THE LUNCH THERE WILL BE A PENNY AUCTION,  
TICKETS \$5.00 PER SHEET and MORE...**

ALL PROCEEDS TO COMMUNITY LIVING NORTH PERTH SUMMER  
SUPPORT 2019

## PHOTO ALBUM



# ENJOYING THE BELMORE MAPLE SYRUP FESTIVAL





## ITINERARY FOR MAY / JUNE

### May 10th, 2019

9-930am - Arrival, Coffee, Snack time  
 930-10am - Walk around the track  
 (dress according to weather  
 10am - Leave for Humane Society  
 Stratford  
 11am-12noon - Visit Humane Society  
 12-130pm - Return to office, Prepare, Eat  
 and Clean up Lunch - Subs  
 130-4pm - Fairy house making with  
 Sandra  
 4pm - Home time

### May 24th, 2019

9-930am - Arrival, Coffee, Snack time  
 930-1030am - Make and Take shirts  
 1030-1130am - Character Run around fair  
 ground track  
 1130am - 1pm - Prepare, Eat and Clean up  
 Lunch - Hot dogs, Potato and Macaroni  
 salad  
 1-2pm - Exercise class  
 2-330pm - Tour Giant Tiger  
 4pm - Home time

### June 7th, 2019

9-930am - Arrival, Coffee, Snack time 930  
 - Head to Koehler Farm to feed the  
 animals  
 12noon - Lunch at the Farm - Barbeque  
 and cold salads.  
 204pm - Back to CLNP for a movie  
 4pm - Home time

### June 28th, 2019

9-930am - Arrival, Coffee, Snack time  
 930-12noon - Walk to the park for a  
 scavenger hunt  
 12 -2pm Picnic in the park - Finger foods  
 2-4pm - Swimming  
 4pm Home Time

## INSPIRING POSSIBILITIES

Community Living North Perth is now offering full days of activities 9am to 4pm on the following dates:

- Friday May 10, 2019
- Friday May 24, 2019
- Friday June 7, 2019 PA Day
- Friday June 28, 2019

Offering Students attending High School and Adults living with Developmental/Intellectual Disabilities a space where they can come together with their peers, build relationships within their community, explore their interests, and enjoy social time, outings, and activities.

- Full day - \$80.00 per day - includes lunch & trips
  - Half day - \$40.00 - includes lunch and trips
  - Passport funding and ODSP can be used to fund program, receipts will be provided.
  - Able to work within a group ratio of 1 staff to 5 participants
- Contact us if accommodations are needed.
- Registration Deadline – two weeks prior to the program date
  - Payment is required upon registration

For more information on the program or to register and receive your registration package contact:

Tracy Wareham [twareham@clnorthperth.ca](mailto:twareham@clnorthperth.ca) 519-291-1350 x222  
 Carolyn Bender [cbender@clnorthperth.ca](mailto:cbender@clnorthperth.ca) 519-291-1350 x224

Community Living North Perth  
 820 Main St. E  
 Listowel, Ontario  
 519-291-1350  
 Fax 519-291-2747

[www.clnorthperth.ca](http://www.clnorthperth.ca)

# COMMUNITY LIVING NORTH PERTH

INVITES YOU TO AN INFORMATION NIGHT

MAY 23RD, 2019

6PM

820 MAIN STREET EAST

LISTOWEL, ONTARIO

LEARN MORE ABOUT

DSO - DEVELOPMENTAL SERVICES ONTARIO

How the process works and how to get started

AND

COMMUNITY LIVING NORTH PERTH'S SUMMER SUPPORT PROGRAM

EVERYONE WELCOME

IF YOU HAVE ANY QUESTION PLEASE CONTACT TRACY WAREHAM AT  
twareham@clnorthperth.ca or 519-29-0967

CHECK OUT OUR EVENTS CALENDAR ON OUR WEBSITE

[www.clnorthperth.ca](http://www.clnorthperth.ca)

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

- \*Cooking Classes Tuesdays from 10am to 12pm at Salvation Army Church
- \*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
- \*Play Wii fourth Wednesday of the month 2-4pm at CLNP
- \*Band Jam first and third Thursday of the month 7-8:30pm at CLNP
- \*Exercise every Friday at CLNP from 1-2pm

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

