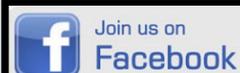


Newslink

February 2017

Community Living St. Marys and Area
"A community where everyone belongs."



Coming Events

General Staff Meeting

Date & Time TBA
Please check email for upcoming details.



Video Launch

Sat, April 22
10-12pm
Location TBA



June 19, 2017
Pyramid Recreation Centre
5:00pm

Big Bike Event

If you are interested in participating with the

Community Living Crusaders

Contact: Linda Munro



May 5 at 5pm

Conscious Care and Support

CLSMA is honoured to be one of six developmental service organizations in Ontario participating in an 18 month demonstration project piloted by "A Centre for Conscious Care," (in partnership with Community Living Windsor).

The Conscious Care and Support program features the learning of over 25 specific strategies and tools that have a proven record of decreasing anxiety and aggressive behaviour and fostering positive behaviours in many people who have a disability. These tools have been developed and researched with diverse approaches including energy building and balancing, system's restoration including nutrition and gastro-intestinal medicine, sensory integration and processing, mindful emotional self-regulation, desensitization of trauma and stress reduction. These strategies will compliment the existing supports that people in our organization currently have.

Our participation in the project started with a One Day Workshop which was attended by staff, family members and community partners. Twenty-Four participants continued on with a Four Day Workshop on **Mindful and Emotionally Mature Managing and Supporting**. Peter Marks from "A Centre for Conscious Care and Support" facilitated all of the workshops with the assistance of Adriana from Community Living Windsor.

The demonstration project includes a component of research involving 1 person (and their staff) supported by our agency along with support for 4 other people supported and their staff. Peter and Addy will support and guide us over the next 18 months. Eventually, we would like to incorporate many of these strategies into everyone's support plan as much as possible.

Everyone who attended the workshops were inspired by Peter's stories and excited about all of the information they gained while there.

- * Conscious Care was an amazing opportunity to learn about how we can be better supporters, and in turn be a more beneficial part in the lives of the people we support. ~ S.G.
- * CC&S has brought together important pieces of information in a new and exciting way. ~ S.L.
- * Through the Conscious Care and Support training I not only learned how to support the people I work with on a deeper level, I also came to a better understanding of how I can be a better version of me. ~ S.C.
- * The message within the training work of Peter and CCS is in urgent need to be heard, understood and implemented. No matter how many changes in thought and ideas about how to work in the human services industry (or any other industry) that have occurred and will continue to occur over the years, the wisdom and truth in this training will never change. Above all, it is the energy within our own bodies and the awareness of it that we bring that determines the quality of the support we can provide. ~ B.B.

Respectfully Submitted,
Linda Pickering

Central Admin

Employee Assistance Program

As a reminder, the Employee Assistance Program is available to all employees. If you have any questions please email Candace at cohearn@clstmarys.ca or call 284-1400 ext 221

Business Year Ends March 31st

To ensure reimbursement of your expenses (mileage, alternative support) Admin will need to receive your receipts no later than **Wed, March 29, 2017**. Claim dates must be between April 1, 2016 and March 31, 2017.

The Joint Health & Safety Committee

Paul Williams, Jackie Haycock, Carol Ackersviller, Linda Pickering, Kim Monden, Marg McLean.

Items of interest, dealings of the Health & Safety Committee and the minutes are posted at JPC in the photocopy room. Any concerns of a health and safety nature can be forwarded to the Chair Paul Williams at pwilliams@clstmarys.ca or (519) 284-3620



Core Competency Training Any employee hired since March 2012 needs to complete the Core Competency training. Those affected have already received an email with instructions about course materials to read prior to doing the training. Once you have done the readings, you need to set up a time for the training with Laura at: lcannon@clstmarys.ca. You can read more about the Core Competency initiative here: <http://www.ontariodevelopmentalservices.ca/resources/core-competencies>.

A reminder to all employees, that peer nominations for Core Competency Awards will continue to be accepted for this year's award presentation at the AGM in June. Ask Laura for a nomination form!

"The kind of hope I often think about...I understand above all as a state of mind, not a state of the world. Either we have hope within us or we don't; it is a dimension of the soul; it's not essentially dependent on some particular observation of the world or estimate of the situation. **Hope is...an orientation of the spirit, an orientation of the heart;** it transcends the world that is immediately experienced, and is anchored somewhere beyond it's horizons. Hope, in this deep and powerful sense, is not the same as joy that things are going well, or willingness to invest in enterprises that are obviously headed for early success, but, rather, an ability to work for something because it is good, not because it stands a chance to succeed."

- Václav Havel

Bob Jenson



We would like to express a big "Thank you" for the generous donations from Bob Jenson's estate and Marion Struss. It enables others to achieve and receive those things which enrich their lives.



Marion Struss

We are looking for people to be featured in our "Employees of CLSMA" on our Facebook page. If you are interested in volunteering, contact Laura Cannon at ext 245



CHECK OUT THE INSPIRING SHORT INTERVIEWS WITH LEADERS IN THE DISABILITY MOVEMENT AT **CONVERSATIONS THAT MATTER** (LINK IS ON OUR WEBSITE)





February Training with Bruce



Bruce Anderson came to St. Marys on February 10 and 11 to teach a group of over 40 people about core gift interviewing and the four paths to belonging. This was Bruce's third visit to St. Marys and inspiring as always!

Bruce lives on an island called Vashon in Washington State. He has explored the contribution of gifts in his own community with an idea called "Welcome Vashon."

In 2010, he gathered people from many walks of life on Vashon to come together and they came up with more than 20 activities they wanted to participate in that would promote sharing of gifts and belonging. The list includes creating a talent and skill-sharing bank, recreating the old idea of the welcome wagon for new citizens and a mentoring group.

On Day 2 Bruce invited participants to think about the idea of "belonging" and how it is more than just connecting with other people. We also need to belong to ourselves, to nature and to spirit.

"It doesn't matter whom you love or where you move from or to, you always take yourself with you. If you don't know who you are, or if you've forgotten or misplaced her, then you'll always feel as if you don't belong. Anywhere."
Sarah Ban Breathnach

During Day 1, there were a number of people who work for the Association trained in giving core gift interviews. They are all looking for some practice so if you've been thinking about having an interview, now is the time. Call Jennifer Leslie at (519)284-1400 ext. 228 or e-mail at jleslie@clstmarys.ca to set up a time.

Blessings Revealed—Puanani Burgess tells the story on one student with a gift - a gift our schools are not cultivating

One of the processes I use to help people talk to each other... there's an exercise that requires people to tell three stories. The first is the story of all of your names. The second is the story of your community. The third story I ask them to tell is the story of your gift.

One time, I did this process with a group in our local high school. We went around the circle and we got to this young man, and he told the story of his names well and the story of his community well, but when it came time to tell the story of his gift, he asked, "What, Miss? What kind gift you think I get, eh? I stay in this special ed class and I get a hard time read and I cannot do that math. And why you make me shame for, ask me that kind question? What kind gift you have? If I had gift, you think I be here?" He just shut down and shut up, and I felt really shamed. In all the time I have ever done that, I have never, never shamed anybody before.

Two weeks later, I am in our local grocery store, and I see him down one of those aisles and I see his back and I'm going down there with my cart and I think "Nope I'm not going there." So I start to back up as fast as I can and I'm trying to run away from him. And then he turns around and he sees me, and he throws his arms open, and he says, "Aunty! I have been thinking about you, you know. Two weeks I have been thinking: 'What my gift? What my gift?'" I say "OK bruddah, so what's your gift?"

He says, "You know, I've been thinking, thinking, thinking. I cannot do that math stuff and I cannot read so good, but Aunty, when I stay in the ocean, I can call the fish, and the fish he come, every time. Every time I can put food on my family table. Every time. And sometimes when I stay in the ocean and the Shark he come, and he look at me and I look at him and I tell him, 'Uncle I not going take plenty fish. I just going to take one, two fish, just for my family. All the rest I leave for you.' And so the Shark he say, 'Oh, you cool, brother.' And I tell the Shark, 'Uncle, you cool.' And the Shark, he go his way and I go my way."

And I look at this boy and I know what a genius he is, and I mean, certifiable. But in our society, the way schools are run, he is rubbish. He is totally destroyed, not appreciated at all. So when I talked to his teacher and the principal of the school, I asked them what would his life have been like if this curriculum were gift-based? If we were able to see the gift in each of our children and taught around that gift? What would happen if our community was gift-based? If we could really understand what the gift of each of our communities were, and really began to support that? So that for me is a very native approach—being able to see the giftedness in every aspect of life.

Puanani Burgess, Teacher, Zen priest, and Community Organizer

Yes magazine article, 2008



How to reach our office: 519-284-1400 ext.

Marg McLean225
Jennifer Leslie228
Kim Monden222
Vickie Logan241
Candace O'Hearn221
Laura Cannon245
Becky Huffman224
Linda Pickering243
Jenn Costello232
Tracy Brant234
Melody Tigani242
Don Dingwall223
Stephanie Lee226
Nicole Everitt231
Malibe Campantero227
Maintenance244
Voices226

If you would prefer to receive this newsletter electronically or purchase a membership, you can sign up on our website at www.communitylivingstmarys.ca or you can send your email address and request to: centraladmin@clstmarys.ca



A \$5.00 membership entitles you to:

- * vote on policies and bylaw changes at our Annual General Meeting
- * receive newsletters, annual reports, financial statements (on request only)
- * receive invitations to planning retreats and workshops
- * serve on our Board of Directors or one of its committees

If you would prefer to mail in your request please send it to:

Community Living St. Marys and Area
 300 Elgin St East
 St. Marys, ON
 N4X 1B9

If you would like to be removed from our mailing list, please contact Candace O'Hearn at 519-284-1400 ext 221 or email cohearn@clstmarys.ca

Visit our website: www.communitylivingstmarys.ca

'Break'n DCVI'

Community Living St. Marys and Area is excited to announce the approved proposal from DCVI students Cameron Stanger and Jensen Dundas to Community Living Ontario's Re:Action4Inclusion Community Change Project initiative.

Students have committed to making their school's culture more inclusive by implementing their project named 'Break'n DCVI'. Watch @DCVI_Salukis and #breakn on Facebook and Twitter to see what students are doing!

Community Living St. Marys is happy to be taking on the role of a Community Ally to support the students in their work within the school and in the greater community.



For the last two years, we have had the privilege of working with nine other organizations across the province on a project led by Community Living Atikokan. **From Presence to Citizenship – Putting Person-Centred Thinking into Practice** is a knowledge exchange project and is about sharing best practices and success stories in the Developmental Services sector. A summit held last week brought together some 300 people.

Check out the online community at <http://ontariocit.tlcpccp.com>.

To watch a video about this project, click on the link to the video on YouTube: <https://youtu.be/ZWd5wlrw4w> You might see some people you know!

Edna Willows is our featured employee. She has been working for our agency as a Support Worker since Sept 2012.

"I believe this career is the perfect fit for me. Graduating from the DSW Apprenticeship program has given me the opportunity to be the 'best I can be' in my job and in my personal life; and that is exactly what I promote and encourage to everyone I support. We all need to reach and experience our greatest potential!"

I have a wonderful supportive husband and four grown boys who continue to make me a proud mom. I love our loud chaotic family dinners and get togethers, however I also appreciate my 'time out' coffee breaks and shopping trips with the girlfriends. My interests are music, going for walks and helping out on our farm."



St. Marys Youth Centre

The St. Marys Youth Centre is actively seeking interested Advisory Board Members. For more information please contact: Ciaran Brennan, Supervisor of Recreation & Youth Services 519-284-2340 x 626 or cbrennan@town.stmarys.on.ca