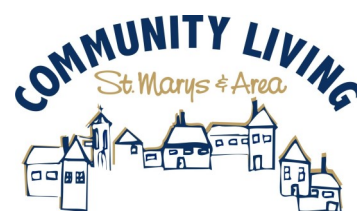


# Newslink

February 2016

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



## Coming Events

General Staff  
Meeting  
Wed, May 11th  
1-3pm at the JPC



Social Role  
Valorization  
Training  
Feb 25-26



Annual General  
Meeting June 20

## Big Bike Event

Date to be announced  
Interested in  
participating with  
the Community  
Living Crusaders  
Contact:  
Linda Munro



## CHANGE

By Stratford Poet-Chris Mullen

When you feel that your dreams are too far away  
When you feel tired from your life journey  
Believe!  
Hold to the idea that you will climb that mountain  
Know that you can reach the sky of hope.  
When negativity overwhelms you  
Search for that moment in your heart that will carry you the rest of the way.  
Never give in  
Never give up but always try  
Always believe my friend your spirit will guide you.  
Your heart will never lie to you  
A good foundation is friends and loved ones  
Build your life house with that foundation and take your time building  
Never rush because things that take time will never break.  
Remember that the building keeps going till our time on this earth is over  
Then your building will be left to teach others.  
Your life is knowledge and knowledge is to be shared and can help new builders.  
You can teach!  
No matter who you are, education or disability  
Stand tall!  
Hold your head high!  
Know you can offer so much  
Let the world look through your eyes  
You will be surprised the lessons they will learn from you  
**BELIEVE YOU CAN CHANGE THE WORLD ONE STEP AT A TIME!**



Everything begins with a story...

You have a story to tell! We all do! Our Stories Project is about collecting our stories and sharing them in different ways. What's your connection to Community Living? What's important to you? What do you value? For more information on Our Stories Project, contact Jennifer or Marg.

....it's always the stories that we remember!

# Central Admin

## Employee Assistance Program

As a reminder, the Employee Assistance Program is available to all employees. If you have any questions please email Nancy at [nmarriott@clstmarys.ca](mailto:nmarriott@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 30, 2016**. Claim dates must be between April 1, 2015 and March 31, 2016,

## The Joint Health & Safety Committee

Paul Williams, Jackie Haycock, Kim Conard, Carol Ackersviller, Linda Munro, Kim Monden, Marg McLean.  
Items of interest, dealings of the Health & Safety Committee and the minutes are posted at JPC in the photo-copy room. Any concerns of a health and safety nature can be forwarded to the Chair Paul Williams at [pwilliams@clstmarys.ca](mailto:pwilliams@clstmarys.ca) or (519) 284-3620



**Are you interested in community building events? Do you support someone who might be interested?**

Please contact Stephanie Lee if you are interested in participating  
519-284-1400 ext 226 or [slee@clstmarys.ca](mailto:slee@clstmarys.ca)

## The Neighbourly Homes project with Community Living St. Marys and Area



From left to right: Yvonne de Martines (Kaylee's housemate), Jennifer Vankoughnett (Neighbourly Support Provider) and Kaylee Lyones.



## Input Wanted

Website soon to be under construction -any ideas that you would like to share, contact Candace O'Hearn at [cohearn@clstmarys.ca](mailto:cohearn@clstmarys.ca) or 519 -284-1400 ext 245

We are looking for people to be featured in our  
**"Humans of CLSMA"**  
on our Facebook page. If you are interested in volunteering, contact Laura Cannon at ext 242



Sunday, March 13th

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



First day of

Sunday, March 20th



# THE GIFT CORNER

PAGE 3



*This is a paragraph taken from Bruce Anderson's article called :  
"We Come Bearing Gifts."*

## How can knowing your gift be useful to you?

Knowing our gift can increase our willingness to engage with ourselves and others in the following ways:

1. When we know our gift it strengthens our confidence and feelings of self-worth. It can help to change our orientation from despair to hope when we are in the midst of difficult times.
2. When we believe we have a gift it tells us that we have a value to our community and an important contribution to make. We have an increased desire to act.
3. When others acknowledge our gift, it provides an opportunity to feel deeply honoured and seen. Some individuals with severe experiences of feeling unwanted and rejected have said that discovering their gift in the presence of others was the first time they felt like they had been seen for who they "really" were.
4. Knowing you have a gift reconfirms that the fundamental descriptor of who you are is a gift, not a deficit or the current difficulties you are facing. In this way, the gift provides a counterbalance to the suffering and hard times we all have faced.
5. Similarly gifted individuals can develop strong bonds, mentor each other, and feel compelled to stand by each other in times of trouble. Knowing your gift helps you to know who your allies are and develop friendships that are deeply rooted.
6. If you are tentative about joining a group or becoming involved in an activity, you can get engaged by finding ways to give your gift within the activities of the group. Because you have a talent in this area, and you feel motivated to give it, it is likely others will see you as useful and welcome you in.
7. The gift can be a touchstone for you...a feeling of security and comfort in times of trouble or confusion. You can come back to it when you are at any transition point in your life, considering how your gift can help you in this situation. Because your gift can cause trouble in your life when you give it too much or unwisely, you may also reflect on how your gift has influenced the current situation in ways that may not be helpful.

If you would like to read the full article contact Jennifer Leslie at (519)284-1400 ext. 228 or e-mail [jleslie@clstmarys.ca](mailto:jleslie@clstmarys.ca)



## FOCUS Accreditation News – February 2016

FOCUS Accreditation provides 177 standards across different areas of the organization to examine. The main idea is for the agency to use each standard as a tool for self-development – to think about how we offer service, how we measure the quality of service and challenge ourselves to keep improving it. They also bring a team to take a look once we feel confident that we've addressed each standard according to our own principles and values. This is how an agency becomes accredited. Here's an example. Standard 7 in the section "Services in a Person's Home" says **"People using services are provided with information and support to live safely in their homes."**

Some of the ways we are meeting this standard:

- Every person supported has a first aid kit in their home.
- People are supported to have smoke alarms and carbon monoxide detectors.
- All support workers have valid Standard First Aid training.
- Regular inspections are done on all equipment to make sure it is safe.

We are still working on:

- Making sure every person supported has a 3-day emergency supply kit in their home.
- Ensure all staff have read Community Living St. Marys' new Emergency Response plan which includes important information from St. Marys and Stratford's emergency plans.
- Making sure every person supported has help to think about fire safety in their home and learn the skills needed to be safe. These things should be outlined in people's support plans and discussed at team meetings.

If you can think of other ways that the agency can improve in this standard please contact your team leader or Jennifer Leslie at (519)284-1400 ext. 228 or e-mail [jleslie@clstmarys.ca](mailto:jleslie@clstmarys.ca)

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

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## Social Role Valorization (SRV)

So what is this SRV, anyway? According to [www.socialrolevalorization.com](http://www.socialrolevalorization.com), the definition is: "SRV is a powerful set of ideas useful in addressing the marginalization of people in society by supporting them to have access to the same good things in life enjoyed by typical people." The term SRV was first coined by Wolf Wolfensburger, PhD in 1983, as a successor to his previous theory of 'normalization.'

A number of employees have already attended an extensive five day SRV course, and we are now bringing two trainers to St. Marys for a two day version of this training on Feb 25-26. Day one will give you a general overview of Wolfensburger's theory, while day two will focus on specific ways to implement the SRV principles to assist the people you support, to access these 'good things' in life.

If you have not yet signed up and have an interest, please contact your team leader.

Visit our website: [www.communitylivingstmarys.ca](http://www.communitylivingstmarys.ca)



## 2016 Christmas Party Celebration



*Thank you to the Board of Directors for another memorable Christmas Celebration.*