

Newslink

November 2016

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



Community Living St. Marys and Area invites you to the annual **Christmas Dinner and Dance** Friday Dec. 9th St. Marys Golf and Country Club (Invitation enclosed) RSVP by Nov 28th



Bruce Anderson is coming Friday, February 10, 2017. Watch for details.



Create A Smile

A grateful "thank you" to everyone who contributed to the success of the walkathon with special mention to the Muir, Rossetti, Webber and Van Dyke families for their exceptional support.

Over \$14,700 pledged!



Community Christmas Supper

Community Living St. Marys and Area will be hosting the community supper on Monday, December 19 at the St. Marys United Church. We are looking for volunteers to help with serving and cleanup. If you are interested in volunteering, please contact Marg McLean at 519 - 284 -1400 ext 225 or email at mmclean@clstmarys.ca

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Central Administration



RRSP Matching Benefit : December 15th is the deadline to notify Central Admin if you:

- Wish to opt out of the matching RRSP benefit
- Wish to opt in (check with Central Admin to see if your 2015 earnings meet the gross earning requirement)
- Wish to change your percentage

Contact cohearn@clstmarys.ca or call 519-284-1424 ext 221

Please note: The gross earning requirement is also checked at this time for all participants. If you no longer meet this requirement you will be notified by letter. All changes will become effective January 2nd, 2017.

Canada Savings Bonds: New plans or changes to contribution amounts will start the 1st pay of December.

Health Spending Account: As a reminder, funds from 2015 must be used by the end of 2016.

Christmas Closure: Central Admin will be closed Monday Dec 26 (Boxing Day), Tuesday Dec 27 (In lieu of Christmas Day) and Monday, January 2 (in lieu of New Year's Day)

Payables: Please ensure payables that would be submitted the week of December 23rd are into Central Admin by Monday, December 19th no later than 10:00am as there will be no cheques issued on December 27th due to holiday closures.

DECEMBER 3, 2016 IS INTERNATIONAL DAY OF PERSONS WITH DISABILITIES

In honour of International Day of Persons with Disabilities Day, it's important to think about a vision for the future. The Canadian Association for Community Living has identified 10 core objectives that will make a difference in achieving a fully inclusive Canada and for that matter a fully inclusive world.

Child Rights – All children with intellectual disabilities have their rights guaranteed and respected, and have the supports they need to live, grow, and thrive in their families and communities.

Close Institutions - People with intellectual disabilities are free from confinement. All institutions for people with intellectual disabilities are closed. People live in homes of their choice, with appropriate supports.

Disability Supports - People with intellectual disabilities are free from confinement. All institutions for people with intellectual disabilities are closed. People live in homes of their choice, with appropriate supports.

Employment Equality - Working-age adults with intellectual disabilities are employed at the same rate as the general population.

Equality Rights - Rights to equality, self-determination, full citizenship, valued recognition and respect from others are legally recognized and assured for all people with intellectual disabilities.

Eradicate Poverty - Rights to equality, self-determination, full citizenship, valued recognition and respect from others are legally recognized and assured for all people with intellectual disabilities.

Family Supports - Families access the supports and opportunities they need to assure inclusion for family members with intellectual disabilities through their lifetimes, and to secure family social and economic well-being.

Global Inclusion - Canada has a major global impact on advancing human rights, enabling inclusion and securing full citizenship for persons with intellectual disabilities and their families around the world.

Inclusive Education - All people with intellectual disabilities are fully included with their peers in regular education, with appropriate supports from early childhood through to post-secondary and adult life-long learning.

Safe and Inclusive Communities - All people with intellectual disabilities are fully included in their communities, have full access to health care and other public services, and are safe from violence and abuse.

THE GIFT CORNER

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Five Questions that will help you learn more about your gifts

Here are 5 essential questions to ask yourself on your own gift discovery journey or if you are assisting someone with theirs.

What am I here to learn? What am I here to teach? What am I here to overcome?
What am I here to complete? What am I here to express?

One idea is to try journaling your experience as you look for answers and come up with new questions. The journal could take many forms, maybe even consider doing a collage of pictures, photographs or drawings that are connected to your gift. Another fun idea is to ask some friends or co-workers to join you and then share your experiences. If you still haven't had your core gift interview, what are you waiting for? And remember...

**"Notice when your heart leaps up in joyous exuberance...
In these moments the voice of your spirit is speaking directly to you."
Justine Willis Toms**



Inclusion International Conference and Global Self-Advocacy Leadership Summit

In October, eight youth from Ontario attended Inclusion International's Global Inclusion Conference and Self-Advocacy Leadership Summit in Orlando, Florida. The eight young delegates represented the youth lead movement of Re:Action4Inclusion. Local teen, Cameron Stanger, attended the conference with Community Living St. Marys and Area, Youth Facilitator, Stephanie Lee. Over 960 people attended the conference and represented 46 countries from around the world.

Delegates participated in conversations and self-advocate lead sessions with people from all over the world including; Cambodia, Japan, South Africa, Australia, Germany and the United States. The youth also educated others about the re:Action4Inclusion movement in Ontario that includes both youth with and without a disability.

Re:Action4Inclusion is a province wide, youth-focused social justice initiative supported by Community Living Ontario and funded in part by the Trillium Foundation. The movement empowers high school students with and without disabilities, to use their experiences and their voice to shift the culture of our society and build more inclusive spaces in education and community.

Later this month, Re:Action4Inclusion will host ***I Have an Idea: 2016*** ***Re:Action4Inclusion Conference*** in Orillia. For more information please contact Stephanie Lee slee@clstmarys.ca or 519-284-1400 ext 226



What is Conscious Care and Support?

Community Living St. Marys has the opportunity to be part of a very exciting pilot project about Conscious Care and Support. The idea behind it is a holistic, person-centred approach to supporting people using strategies that balance body, brain and being. The strategies include using nutrition to improve gastrointestinal health, training for supporters, teaching skills to the person being supported and balancing energy. Community Living Windsor has been using these approaches with success for some time and now six other agencies will be invited to become involved. There will be a one-day workshop planned for some time in February with more information on Conscious Care. More details on this will follow. In the meantime if you want to learn about Peter Mark who is the project lead and his work, check out his website www.centreforconsciouscare.ca

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

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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



**Kaylin McLeod was the recipient of the
2016 Community Living Scholarship.
Congratulations!**



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

social role Valorization October 3 - 6, I was lucky enough to attend the Social Role Valorization (SRV) training in London. This 4 day course was intense with lots of learning. Listening and discussing ways that we can implement and improve the lives of the people we support each day. SRV is basically supporting people to get more of the good things in life by strengthening valued social roles. It challenges your mind to start thinking outside the box in how to best support people to live quality lives. Community Living St Marys and Area being a sponsor of the training, allowed 6 of us to attend. It was a fantastic learning experience.
By Nicole Zandstra



MERRY CHRISTMAS FROM ALL OF US AT JPC!