

Newslink

February 2018

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



Coming Events



John O'Brien
Will be joining us
between March 19-23rd
Don't miss out!
More details to follow

AGM
Annual General Meeting
June 18, 2018
Pyramid Recreation Centre

**Heart & Stroke
Big Bike Event**
May 4, 2018

If you are interested in
participating with the
'Community Living
Crusaders St. Marys'
Contact: Linda Pickering
lpickering@clstmarys.ca



We're Accredited!!

Community Living St. Marys got the official notice on Dec 14, 2017 that FOCUS awarded the agency with a four-year accreditation status! Thank you to everyone who helped with the three years of preparation and also with the more recent on-site visit in November 2017. There were lots of changes and improvements made to meet the quality standards set out by FOCUS. The Association has a long history of looking at the quality of support provided to the people and families we serve. This is one more tool to help us in our quest of improving and innovating into the future! Our next commitment to FOCUS accreditation is a quality improvement plan that sets out a plan of action around recommendations made during the visit and other goals. If you are interested in finding out more information on the plan or what's next with the process please ask Jennifer Leslie at (519)284-1400 ext. 228 or jleslie@clstmarys.ca

Developmental Services Human Resource Strategy Conference and Presence to Citizenship Learning Exchange Feb 2018



Becky Huffman, Linda Pickering
and Kim Melville

Community Living St. Marys & Area representatives who were at the DSHR conference were lucky to hear John Draper's keynote closing speech. Many may remember from his 'Together We Rock' presentation in St. Marys not that long ago!



Keynote speaker, John Draper
and his assistant Katie.

There was so much information packed into three days and delivered by great speakers while being surrounded by so many people who share the same passion for this amazing field that we are in. While not all information was brand new, some messages are worth hearing and revisiting again. Throughout all of the exercises and speeches, some pearls were worth noting as either reminders or mantras and resonated with me.

- * People know only what they know—Orlando Bowen (google him!)
- * Persevere for what is right, not easy
- * The greatest successes and growth comes from outside our comfort zone; that is where the magic happens!
- * Something small and insignificant to you can make all the differences to someone else
- * Take time to reflect every day and ask yourself "what did I do well?" "What could I do better tomorrow?" This is key in self-growth
- * Forgive yourself!
- * Ask why, ask questions, gather knowledge, take risks. Break out of tired thoughts; don't worry about the rest of the pack
- * When someone comes up with an idea, try saying "yes, and ..." and avoid blockers which are show stoppers (we tried that, it didn't work, oh, it won't fly) .The people have changed, circumstances etc.
- * Through core competencies, we can gage ourselves and recognize areas of strength and opportunities to grow. They will become part of us and simply come naturally to us.
- * **Be the Change!**

By Kim Melville

Central Admin

fseap

Family Services 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) Central Admin will need to receive your receipts no later than **Wed, March 28, 2018**. Claim dates must be between April 1, 2017 and March 31, 2018.

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 pwiliams@clstmarys.ca or (519) 284-3620



Thank you to all of you who took the time to complete the online survey responding to questions around Diversity & Inclusion at CLSMA. We had some informative responses and Team Leader Inima and I will be learning from a webinar offered by the Canadian Centre for Diversity & Inclusion (CCDI) later in March about how to proceed with forming a Diversity & Inclusion committee at our agency. We will then be looking for interested participants, so if you have an interest in this topic, stay tuned! You can see more about the CCDI and all the great work they do, at their website: <http://ccdi.ca/>
By Laura Cannon

Employee Management Relations Committee

Provides a forum for discussion for all staff through their representative for matters of mutual interest and/or concern.

Members include:

Becky Huffman, Jen McCauley, Vanessa Martin-Loree, Nicole Zandstra, Connie Seaton, Tamie Robertson-Coward, Carol Ackersviller, Shay Gavin, Marg McLean, Jennifer Leslie, Kim Monden

New Huron Perth Chapter of Integration Action for Inclusion

Integration Action for Inclusion is a non-profit charitable organization dedicated to educational inclusion and living in the community for ALL people who need extra support. The group provides support to parents and friends seeking to enrich the lives of their children, including their adult sons and daughters.

They operate strictly on a volunteer basis with local chapters throughout Ontario. Members provide and receive support and education on inclusion.

To organize a workshop, reach your closest chapter or SEAC representative or to become involved in the movement for school and community inclusion, check out the following website: www.inclusionontario.ca



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



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



THE GIFT CORNER

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Over the past few months, Marilyn Haywood has been helping us work with someone we support, their family and their team to uncover their Core Gift. This has been an interesting process requiring dedication and creativity. We believe that the work we are doing now will pay off for this person down the road. We have been able to uncover little bits of what this person's gift might be and have explored many of their interests and talents. This will help us to bring more into the person's life that reflects who they really are and what they are passionate about. The team is also learning how to bring their own gifts to their personal and professional lives. Some of this journey has been shared on the Core Gift wall at JPC. Stop by and take a look!

By Nicole Everitt



We recently had our final follow up meeting with Peter Marks and Adriana McVicker from the Conscious Care and Support Pilot Project where they presented us with the beautiful hand-painted art piece pictured on the left. Both the support workers and the supported people who were involved gained many tools from the project. Staff were able to approach their work in a mindful manner which benefited them and the people they support. Sensory input was also shown to be a key factor in facilitating optimal well-being.

Many of us were intrigued to learn about how sensitive our bodies can be to certain foods and were able to see the difference it made when diets were altered to address food sensitivities.

As an organization, we plan to continue to incorporate Conscious Care into the way we support people and will continue to maintain a relationship with both Peter and Addy.

By Linda Pickering



Upcoming Spring 2018 workshops

'Moving On'

Mondays 2pm to 4pm
March 5 to April 16

At FamilyServices Perth-Huron
142 Waterloo Street South, Stratford
(Please note there is no session on April 2nd)

'SexAbility'

A sexual health program for people with
developmental disabilities

Wednesdays 5pm to 6:30pm
April 11 to May 16
At the Stratford Rotary Complex

For more information or to register for workshops
please contact Stephanie Lee at
slee@clstmarys.ca/519-284-1400 ext 226

Norman Kunc and Emma Van der Klift creators of Conversations that Matter Workshop Feb 20 at the Pyramid Rec Centre

On February 20th we welcomed Norm Kunc back to St.Marys. Norm has visited our community several times in the last 30 or so years. One of his first visits was back in 1986. The Rotary Club of St.Marys and Community Living invited Norm to give a keynote he called "Being Realistic, Isn't Realistic." The impact on those who heard Norm was powerful.

Unfortunately, Emma Van der Klift, Norm's partner and wife, had an injury that prevented her from travelling. We had a full day with the morning on **The Person is Not the Problem. The Problem is the Problem!** We learned about the use of alternative narratives to open up more opportunities and build resilience and collaborative approaches to behavioural support. The afternoon was on **Hostage Negotiation** and how the skills used to de-escalate situations can be helpful in our daily work.

Conversations That Matter is an online resource available to you. Please visit their site at www.conversationsthatmatter.org
You will be surprised at how relevant these conversations are!



Emma Van der Klift

Conversations
that Matter



Norman Kunc

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

Marg McLean	225
Jennifer Leslie	228
Kim Monden	222
Vickie Logan	241
Candace O'Hearn.....	221
Laura Cannon.....	245
Becky Huffman	224
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Don Dingwall	223
Stephanie Lee	226
Nicole Everitt.....	231
Malibe Campantero....	227
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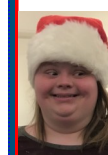
A \$5.00 membership entitles you to:

- * 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 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

Are you interested in strategic planning? If so, you may consider joining the Strategic Planning Committee. For more information contact Marg McLean at 519-284-1400 ext 225 or email: mclean@clstmarys.ca



2017 CHRISTMAS PARTY! Celebration



Great Music by Corduroy Gordon

