

Where choices change the lives of people with an intellectual disability

FEATURED STORY

U.N. Conventions— Promises or Just Words?



Left to Right: Agnes Samler, Sam Forbes, Jessica Rotolo, Anna MacQuarrie, Brendon Pooran, Michael Enright, and Brad Saunders.

On Tuesday May 8th, **Community Living Toronto** and **Defence for Children International Canada** co-hosted the 2018 **Grant Lowery Lecture** at **Jackman Theatre** in the **Art Gallery of Toronto**.

The Lowery Lecture series was initiated in 2000 as a tribute to **Grant Lowery**, a board member of **Defence for Children International-Canada** for many years and a passionate advocate for young people.

The Keynote speaker for the nights lecture was **Inclusion International Director of Global Advocacy and Human Rights**, Anna Armstrong MacQuarrie, and our host and moderator was Michael Enright from **CBC's The Sunday Edition**!

Following the lecture was a panel of discussion with: **Anna MacQuarrie, Jessica Rotolo, Sam Forbes, and Brendon Pooran** from **PooranLaw Professional Corporation**.

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Left to Right: Sam Forbes, Jessica Rotolo, Brendon Pooran, Anna MacQuarrie, and Michael Enright during the discussion panel.

Follow our **YouTube Channel @CLToronto** to watch the full lecture or follow this link:

<https://www.youtube.com/watch?v=RALdGjoSTTg&feature=youtu.be>

For more information about Defence for Children International-Canada visit their website:

<http://www.dci-canada.org/>



@DefenceforChildreninternationalCanada

Community Living Month

The Month of May was Community Living Month! Community Livings across the province all celebrated and created initiatives to raise awareness of people with an intellectual disability living full lives in the community. Here are a few of the events we held, and participated in, to help celebrate and raise awareness...

Shine a light on Community Living:



Towns and Cities across Ontario shined a little brighter on the evening of May 4th. The CN Tower and Toronto sign at Nathan Philips Square illuminated in green and blue to help raise awareness of people with intellectual disabilities living full lives in the community.

I Took a Break for Community Living, a Kitkat Social Media Awareness Campaign:



Jenna Martinuzzi, Public Relations and Fundraising Ambassador with her #ITookaBreak18 selfie.

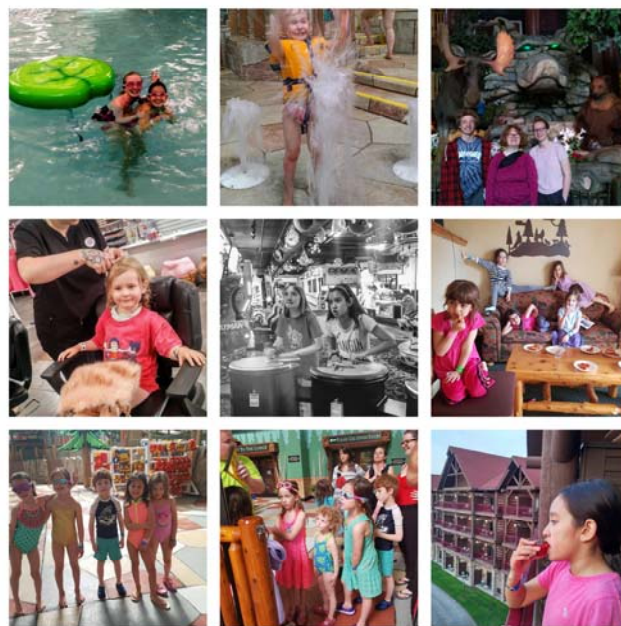
Ending Community Living Month, On Wednesday May 30th, we hosted a Social Media Campaign called “#ITookaBreak18”

We had sent specially wrapped KitKat's to Politicians across Ontario, City Councillors, Community Living's across the province, key Community Partner's and many more people to snap a selfie with their KitKat and post it on their social pages with the hashtag:

#ITookaBreak18.

This campaign was displayed on Facebook, Twitter, Instagram, and even some LinkedIn accounts! Our hashtag was trending in all of Ontario that day! Which means it was really popular! Thank you to Nestle for donating all of those Kitkats!

Community Living week at Great Wolf Lodge and Waterpark After Dark:



A collage of photos of many kids having a blast at Great Wolf Lodge!

The week of May 14th was Community Living week at Great Wolf Lodge! Fun for all ages, Great Wolf Lodge is such a treat! Ending the week was an event called “Waterpark After Dark”. This was a fun event where we had the whole indoor Waterpark to ourselves!

31 Days of Community Living:

Every day in May we posted a video on Facebook, Twitter, and YouTube highlighting someone in our Community Living Toronto Family. You can find all of the videos on our YouTube page! Search: CLToronto or follow this link: <https://www.youtube.com/CLToronto>



This is the beginning of Krista Lee-Bath's Video!

Mom's Weekend Retreat

By: Tracey O'Regan



Gathered around the fire at the first Mom's Weekend Retreat at Shadow Lake Centre: May, 2018

On May 4th-6th, after many years of dreaming and months of planning, Community Living Toronto held its first "Mom's Weekend Retreat" at Shadow Lake Centre.

The purpose of the weekend was to provide a safe space where moms would be able to connect and celebrate with other mothers who understand the joys and challenges of parenting a child with special needs. As one mom stated, they wanted to meet other moms in the "I get it club".

Despite all the challenges that were encountered because of the storm and power outages, the thirty strangers who attended the retreat welcomed and supported each other like old friends.

As one mother wrote: *"This weekend I was fortunate to attend a weekend that was just for Moms of kids with Special Needs. It wasn't a weekend filled with workshops and information or ABA or IBI or DSO or RDSPs or any other number of things that fill my brain! It was simply a place for Moms to connect. What a magical, wonderful, easy time! I have wanted something like this for years. A place to build close bonds and ties with other women who already "know" what this journey looks/feels like.*

We all had different stories – some harder to hear than others. And we all were at different stages in the journey. But what we all shared was the on going concern, worry, guilt, love, anger, fear, joy, laughter, insight, growth, grace, candor and self-reflection."

Another mother wrote: *"We shared our stories about kids and about ourselves. The facilitators tried hard to help us not to focus on kids. It is hard because after all, 99% of our lives are about our kids. But they managed to help us to find that 1% of our lives.*

We were asked simple but tough questions. And each of us told our answers even when we didn't have to, because it somehow felt safe. Some just started this journey and some are the veterans. Our stories are all different and everyone listens to each other with a very sincere heart.

If you find something similar, go, with your anxiety and fear, with an open heart, and alone. Because when you come home, you will end up with a whole bunch of new friends and a very full heart."

Upcoming Central Events

Central Region Dinner Club

Every Wednesday
4:00 pm – 8:00 pm
30 Birch Ave

Central Region Easy Walk

Sunday June 16, 2018
10:00 am – 11:00 am
Meeting Point: Entrance
Gates of St. James Cemetery

sprOUT Meeting

Monday June 11, 2018
5:00 pm – 8:00 pm
40 Birch Ave

Living Life To The Full for Caregivers 55+

Wednesdays - April 25-June 20, 2018 - 1:30 pm – 3:00 pm
Meeting Room 2B

Central Region Council Regional Annual Meeting

Tuesday June 19, 2018
6:00 pm – 8:00 pm
20 Spadina Rd, Boardroom

George Brown College Cooking Classes

Thursdays - May 31-July 5, 2018 - 12:00 pm – 3:00 pm
GBC Waterfront Campus

All are welcome!

For information on any of the above events, contact Michelle Grimley

at 647-729-1210 or
michelle.grimley@cltoronto.ca

Free CRA Tax Clinics



By: Carolyn Bossert

Three years ago, Etobicoke Supported Independent Living recognized that individuals in the program needed more personalized assistance with their income tax returns. **Canada Revenue Agency** was able to provide Community Living Toronto with experienced income tax volunteers through their Community Volunteer Income Tax Program (CVTP). The Etobicoke Office has hosted free CRA Tax Clinics ever since. During the 2018 tax season four CRA volunteers helped sixty individuals with their income taxes. Each volunteer was patient, friendly and worked effectively with every individual and their staff. We are looking forward to our continued partnership with the **CRA Volunteer Income Tax Program**.

A Fun Filled Evening of Fundraising at the Easy Roller Bowl-a-thon

By: Georgina Stergiotis

Etobicoke/York Council hosted another successful Easy Roller Bowl-a-thon. Friends and family all came out to enjoy a night of bowling and raising money for social and recreational programs for individuals supported by Community Living Toronto.

After nine years, this year's Bowl-a-thon was held at Rexdale Bowlerama. The change in venue was welcomed by everyone attending.

Council is grateful to everyone for their continued support, to the volunteers helping and to the local businesses for their generous donations.

A very special **Thank You** to the winner of the 50/50 draw, who donated his winnings!

Council hopes to see you next year at the Eleventh Easy Roller Bowl-a-thon.



Friends having fun and laughing while 5-pin bowling

Upcoming Etobicoke/York Events

Etobicoke/York Annual Regional Meeting

Tuesday June 12, 2018

6:30-8:30 pm

4895 Dundas St. W. (Creative Village Studio)

All are welcome

RSVP: Georgina Stergiotis at 647-294-6906

georgina.stergiotis@cltoronto.ca

Friendship Club

Last Wednesday of the month, 6-8 pm

295 The West Mall, suite 204

Friendship club will not meet in July and August

Register: LauraLee Edmiston at 647-729-0440 or

ledmiston@cltoronto.ca

Parent Share

Thursday June 21, 2018

295 The West Mall, suite 204

Register: Bonnie Heath at 416-645-6000 ext. 1311

bheath@woodgreen.org

SWACA North York's Transition Away from Sheltered Work



Out for a walk in the park on a winter's day

By: Wendy Dyke

Much has been written in the media over the past few years about the Ministry of Community and Social Services directive to shut down sheltered workshops. The Association had been transitioning away from traditional day supports long before this directive. Many individuals receiving supports have often indicated that they wanted more choice in the activities within their day programs. The association also recognized that they needed to respond to the changing needs of those attending our day programs as they aged. What has developed is a menu of activities from which individuals can choose to participate in. These include activities within the centre and outside in their communities. Activities have been developed based on goals set by program participants during their annual Person Directed Plan meetings and input they give to staff on an ongoing basis.

At the North York Supported Work and Community Activities (SWACA) program, the activities fall under a range of categories: **arts, academics, current events, sports, life skills, health and wellness and community outings.**

Staff and participants also plan an **annual picnic in G. Ross Lord Park** and **group outings to local venues during the summer.**

The North York SWACA program has a **weekly lunch program** that provides a hot lunch to participants and is prepared with the help of volunteers.

To celebrate with program participants, at the end of every month a **birthday celebration** is held to recognize all the individuals in service who had a birthday that month.

The program really focuses on the needs of the individuals attending. **It is driven by a person centred approach** which was initiated in the late 1990s and truly reflects the Association's core values.

Upcoming North York Events

North York Annual Regional Meeting

Monday June 11, 2018

1:00 pm – 3:00 pm

1122 Finch Avenue West, Unit 16

SWACA Boardroom

Everyone Welcome!

For information on the above event contact: Wendy Dyke at 647-274-9281 or wdyke@cltoronto.ca

Jumpstart Literacy

Every Saturday

9:30 am – 11:30 am

1122 Finch Avenue West, Unit 16

Registration fee: \$20.00 per person

Weekly fee: \$5.00 per person

To learn more and to register, please contact:

Karla Galvez-Del Rio

at 647-296-6890 or kgalvez@cltoronto.ca

8th Annual Bingo Bowling Extravaganza

By: Felicita Zanatta



Scarborough Council Members Kathy, Don, Debby, Robert, Lori, Judith and Sue having a great day bowling.

On Saturday April 21, 2018, the Scarborough Council held their 8th Annual Bingo Bowling Extravaganza at Parkway Bowl.

The event is attended by many families, friends and local politicians. All are there to have fun and raise some money.

The event this year earned over \$1000 which will help support the activities of Scarborough Council. Activities such as dances, literacy classes and cooking classes benefit the people we support.

There were many great prizes to be won, including donations from the Toronto Blue Jays, Maple Leafs and Canadian National Exhibition.

The Council works hard to throw a terrific bowling party every year. Bowling shoes are also provided with the registration cost of \$25 and there was a delicious sweet table with many treats for all to enjoy.

Everyone had so much fun! And yes, we will be holding it again next year on a Sunday afternoon. Be sure to join us; it is a lot of fun and the proceeds support many great activities for the benefit of many participants.

For any information, please call Felicita Zanatta at 647-729-1635 or fzanatta@cltoronto.ca

Upcoming Scarborough Events

Bingo at Lawson

Friday June 15, 2018 7pm-8:30 pm

1712 Ellesmere Road

\$5 for a snack and prizes

For more information on these events and to register contact Felicita Zanatta at 647-729-1635 or fzanatta@cltoronto.ca

Connections Dance

Friday June 22, 2018 7:30-9:30 pm

1712 Ellesmere Rd.

\$8 admission

Call Lester at 416-566-7252

Connect **ABILITY.ca**



A website and community dedicated to lifelong learning and support for people who have a developmental disability, their families, and support networks.

Defiant Lives – The Rise and Triumph of the Disability Rights Movement

By: Sue Hutton



Top Left-Right: Rob Lattanzio, Board President Victor Figueiredo, Sue Hutton **Bottom Left to Right:** Peter Park, Marrisona Blake, and Mika Hjorgaard

Sunday June 3, 2018 was special and inspirational night for anyone living with a disability in Toronto. Why? Because **Community Living Toronto** partnered with the **ReelAbilities Film Festival** to premiere an exciting film about the disability rights movement around the world. This film is called ***Defiant Lives: The Rise and Triumph of the Disability Rights Movement***, and contains never seen before footage of some of the most passionate protests changing the lives of people with disabilities. The film screening was at University of Toronto's Innis Town Hall.

Survivors of institutions, protesters for accessible transit, for education inclusion and advocates working toward a better world for people with disabilities are all featured in this film. Following the film, a panel hosted by Sue Hutton (Community Living Toronto's Self Advocates Council Coordinator and ARCH Disability Law Centre's Respecting Rights Coordinator) took place. The panel includes some incredible voices for disability rights. Some panelists spoke from their own perspective and some spoke from the broader focus of disability rights under the law.

The four panelists were ARCH's Executive Director Rob Lattanzio, Marissa Blake (self-advocate), Mika Hjorgaard (York University student and advocate), and Peter Park (People First Co-Founder).

The ReelAbILITIES Film festival is still happening up until June 4th. Find tickets and show information here: <http://reelabilities.org/toronto/>



Peter Park on Institutions: "Being in an institution is worse than jail. At least in jail you know when you're getting out."

To watch the panel of discussion and for more resources and links go to:

communitylivingtoronto.ca/rise-and-triumph/

Upcoming SAC Events

Please also remember to save these dates for upcoming meetings and RSVP to Sue Hutton at shutton@cltoronto.ca

Self-Advocates Council Annual General Meeting

Wednesday June 20, 2018
Foster's Club House
from 1 pm – 3 pm.

Meeting with Toronto Police Services

Wednesday June 27, 2018
Foster's Club House
from 1 pm – 3 pm.

Easy Walks in the City

By: Megan Steciw

Easy Walks provide you with the opportunity to connect with your city through neighbourhood walks that explore the past and present City of Toronto. Join us on an Easy Walk this summer that will take you on a journey through the historic neighbourhood of **Cabbagetown**, through the fair grounds of **Exhibition Place**, and along the cobblestone pathways of the **Distillery District**. The neighbourhoods and buildings of Toronto hold many fascinating stories, from the celebrated entertainers at the Grandstand (now the BMO Field) to a haunted house in Cabbagetown. Have you ever wondered what it would be like to live next to a glue factory? Have you ever wondered who were Gooderham and Worts? Have you ever explored the beautiful botanical gardens at **Allan Gardens**? Have you ever visited the CNE and played a game on the Midway? What entertainment did the CNE have in the 1950s? The guided Easy Walks will allow you to explore, engage and discover the city of Toronto from the past to the present.

As a volunteer at Community Living Toronto, I share my passion for history by organizing and leading these community tours that are accessible for all members. It is an exciting volunteer experience since the Easy Walks allow me to give back to the community in which I have worked, volunteered, and attended school. I have the privileged opportunity to connect people with the communities in which they live. Enjoy the summer weather and have fun by joining us on an Easy Walk!

We hope to see you out at our next Easy Walk on June 16th for a tour of Cabbagetown! Please meet us at the front gates of St. James Cemetery located at 635 Parliament St. at 10:00 am. The walk will only be about one hour in length, we'll take our time with lots of stops, and will end at Allan Gardens.

For more information on Easy Walks contact **Michelle Grimley** at 647-729-1210 or michelle.grimley@cltoronto.ca

Next Easy Walks:

June – Cabbagetown

July – Exhibition Place

August – Distillery District



Cooling Off with Coca-Cola at the CNE (1950s)



Wellesley Cottages in Cabbagetown

Provincial Election Forum on Developmental Services



(Left to Right) Ontario Liberal campaign Chair Deb Matthews, Ontario New Democratic party Candidate for Don Valley West Amara Possian, and Green Party Candidate for Spadina-Fort York Rita Billerman exchange ideas during the Provincial Election Forum on Developmental Services.

On May 24th, Community Living Toronto co-hosted an Election Forum with **Community Living Ontario** and **Reena**, at **Holland Bloorview Kids Rehabilitation Hospital**. Representatives from the Liberal Party, the NDP, and the Greens were present. The Progressive Conservative Party was offered a seat at the table, but declined to send a candidate. **"Their absence speaks volumes,"** said Matthews, who later went on to say that the PCs may be 'ashamed' of a platform that may not offer much for the developmental services sector.

Candidates had seven minutes to give opening statements on their parties' stances on several key areas related to developmental disabilities in Ontario, such as **poverty, waitlists for the transition from child to adult services, and affordable housing**, before each having two minutes to respond to each of a set of seven related questions submitted by forum attendees.

Watch the full forum by following this link:

<https://www.cltoronto.ca/provincial-election-forum-on-developmental-services/>

Shadow Lake Centre—Apply for last minute spots for Summer Camp 2018!



Summer camp at Shadow Lake Centre has begun! There are still spots left in some of the sessions throughout the summer. Contact Goran to apply! Goran can be reached by email: goran.krstanovski@cltoronto.ca or by phone: [905-640-6432](tel:905-640-6432).

You can also **Follow Shadow Lake Centre** on Facebook and Twitter!

Facebook: @ShadowLakeCentre

Twitter: @ShadowLakeCtr



ShadowLakeCentre.ca

EVENTS

Join us Saturday June 9th at our Annual Family Fun Fair!



FAMILY FUN FAIR

SATURDAY
JUNE 9TH

11AM—3PM

1712 ELLESMERE ROAD

\$4 ADMISSION

COMMUNITY LIVING
Toronto



CARNIVAL, BINGO, BBQ, GAMES AND MORE!

WWW.COMMUNITYLIVINGTORONTO.CA

Save the Date! Community Rocks 2018!

Come celebrate with us, at the Disco!



COMMUNITY ROCKS

November 10th
Queen Elizabeth Theatre

Sam Roberts Band
COMMUNITYROCKS.CA

We Updated Our Brand!

Here's our new Mission, Vision & Values. Over the last six months, and through numerous stakeholder consultations, our new Mission, Vision and Values has taken shape and we are excited to share it with you!

MISSION

Community Living Toronto fosters inclusive communities by supporting the rights and choices of people with an intellectual disability.

VISION

A society where everyone belongs. A society where everyone is valued.

CORE VALUES

Community

- Supporting individuals and their families with compassion, dignity and respect
- Fostering an environment that is safe, supportive and inclusive where people can thrive
- Achieving our Vision through teamwork and community partnerships
- Respecting and embracing all communities

Choice

- Respecting the right and dignity of informed choice
- Actively supporting people in achieving their goals and reaching their dreams
- Providing a broad range of options to support self-actualization

Integrity

- A hallmark value that exists in every aspect of the Association's work and is embodied by all employees and volunteers regardless of their roles and responsibilities
- Building relationships through honesty, accountability and openness with the people we support, their families, our staff and stakeholders
- Maintaining the reputation of the Association through our reliability to be a leader and advocate



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Families of People with
Intellectual Disabilities,
Connecting Through
Friendship and Support



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