



# Connections

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

FEATURED STORY

## Annual Family Fun Fair

By: Karla Dendrinis



A Family Fun Fair guest meeting Chase, from PAW Patrol!

On Saturday June 9<sup>th</sup> we hosted our Annual Family Fun Fair. Filled with games, entertainment, food, and excitement, fun was had by all! There was face painting, nail art, henna tattoos, snow cones, popcorn, burgers, hot dogs, carnival games, Bouncy castles, a live band, and more for only \$4!

A big **THANK YOU** goes out to the Etobicoke/ York Council that donated a bus for people to take from the west end, all the way to the Lawson location in Scarborough, where the Family Fun Fare was held.

In case you missed it, we hold our Annual Family Fun Fair every year on the second Saturday of June! Join us next year, make new friends, win prizes, and have loads of fun!

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A Collage of guests enjoying the Family Fun Fair !

## One Direction Social Group

By: Michelle Grimley



*One Direction Social Group Fun and Games at the Park: June, 2018*

On a gorgeous June afternoon, Central Region's One Direction Social Group wrapped up another great year with an annual "BBQ and Fun at the Park" celebration. The self-named and self-directed group is diverse and welcoming, with a focus on community activities and friendship building. The One Direction Social Group meets from September to June one Saturday a month, depending on everyone's availability.

Before taking on the role of Central Region's Community Support Coordinator, Membership, I volunteered with Community Living Toronto. The One Direction Social Group was my first and longest volunteer role and introduced me to the amazing people and programs at our agency. Our Saturday outings were always filled with laughter and stories of trips and exciting life updates. I got so much out of volunteering with the kind and funny members of this beloved group and am incredibly grateful to continue on as a group Facilitator in my Community Support Coordinator role.

The One Direction Social Group is sponsored annually by Central Region Council, funding such events and activities as:

- Snakes & Lattes Board Game Café

- Holiday Party
- Create Your Own Pizza and Games
- Dinner and Movie Theatre
- Bowlerama
- Ice Cream Sundaes and a Movie
- Year End BBQ Event and Fun at the Park

The group has a rich and long history and in its current form wouldn't be possible without the dedicated planning and support by our volunteers, particularly Michael Challes. Michael carefully considers everyone's schedules and interests and ensures the One Direction Social Group outings are engaging and worthwhile.

Thank you to Michael and all of our members and volunteers for another memorable year!

Central Region Council sponsors a variety of events and activities and invites new funding ideas and proposals!

### For further details please contact:

Michelle Grimley at 647-729-1210 or  
[michelle.grimley@cltoronto.ca](mailto:michelle.grimley@cltoronto.ca)

## Upcoming Central Events

### Central Region Dinner Club

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

### sprOUT Meeting

Thursday July 12, 2018  
4:00 pm – 8:00 pm  
Toronto Islands  
Meeting Point:  
Ferry Terminal  
9 Queens Quay West

### Central Region Easy Walk

Saturday July 21st, 2018  
10:00 am – 12:00 pm  
Meeting Point Exhibition GO  
Station - Ticket Booth

### George Brown College Cooking Classes

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

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

at 647-729-1210 or  
[michelle.grimley@cltoronto.ca](mailto:michelle.grimley@cltoronto.ca)



## Sunny Side of the Street

By Heidi Lahtinen



Guests posing with Smile Theatre performer at Etobicoke/York SWACA

**The Smile Theatre** is a registered charity aimed at enriching the lives of seniors living in care by presenting well-crafted, professional, live performances.

On May 23, 2018, the Smile Theatre held an evening performance called "Sunny Side of the Street" at 288 Judson St. Approximately sixty people from the Etobicoke region including individuals in service along with their family, friends and staff enjoyed the singing, dancing and skits performed by two very talented artists. It was an evening enjoyed by all!

In the fall the Smile Theatre will return for an afternoon performance for the individuals at Etobicoke Supported Work and Community Activities (SWACA) called "Granny Penny's Great Adventure".

### Line Dancing

To date, Jeff McQuarrie of Line Dance Toronto has conducted three – 12 week sessions of Line Dancing at Etobicoke SWACA. Weekly, approximately 20 music lovers from the day program and Supported Independent Living program wore cowboy hats while

learning basic choreography such as marching and the 2-step.

Everyone had great fun while developing fitness, engagement and self-confidence skills.

We look forward to future sessions in the fall!

## A Night of Jamming for Creative Village Studio

By: Harold Tomlison



A night filled with song at Jam Club House for Creative Village Studio

Two wonderful and talented groups of musicians from the bands Whiskey Rapids, and The Natural Blonds, came together on the evening of May 5th to perform at The Jam Club House in a musical extravaganza fundraiser for Creative Village Studio. Saskia and Neil Matheson, parents of a participant at Creative Village Studio, friends and families were the driving force behind this fundraiser to support program development at the studio. The bands came together to create a very entertaining evening of great music from various decades. Proceeds from the bar and a pass-the-hat for donations added up to \$1100.00.

On June 5<sup>th</sup>, Saskia and Neil Matheson came to the studio to present the donation. Creative Village Studio extends a very heartfelt **"THANK YOU"** to Saskia, Neil, the band members, family, friends, and the Jam Club House for a fabulous night of music and generosity.

## Upcoming Etobicoke/York Events

### Etobicoke/York Region Council Meeting

Tuesday September 11 2018 6:30 pm  
4895 Dundas St. W. (Creative Village Studio)  
All are welcome  
RSVP: Georgina Stergiotis at 647-294-6906

## Weekend Trip to Detroit

By: Colleen Mazor, Support Worker III



Group in the stands at Jimmy John's Park in Detroit

Isabella, Donald, John, Remo, Jeff, and Colleen would like to thank Etobicoke Supported Work and Community Activities (SWACA), Dale Makino and Brian Wittich for inviting them on the trip to Detroit this year. The group would also like to thank our hosts Michael (absent but there in heart and spirit this year) and Deb Ward. They began hosting the Detroit Trips seventeen years ago! We would also like to thank Wilma Nad for making the trip possible with such short notice.

The group set off on June 7th with passports in hand for a very fast paced two days. North York SWACA's first trip to Detroit was a success. Two of the six attending had been on the trip before so they knew what to expect. The other four were in for a treat. New friends to be made and old ones to be renewed is part of what took place on this trip. Our first stop was to meet and have lunch with the Etobicoke group and join the "caravan" of vans. Introductions made, directions given with no one left behind we were off to the second stop, gas.

Once we crossed the border with no problems we were off to the hotel. At the hotel we met our host

for the weekend, got our rooms assigned and quickly unpacked our bags before heading to Uno Chicago Grill for a pizza dinner. While we were at dinner, the local cable television station interviewed the group about the trip. Donald and Colleen were interviewed. The questions asked were: how long have we been coming over for trips like this; what do we hope to get out of the trip; what makes this trip different than being at home or work; how does this trip benefit the people attending? Check out the interview on [Shelby Cable TV](#).

After a great pizza dinner we headed off to the Baseball Game. Our seats were fantastic. Jimmy Johns Park is a very nice park and the staff was very friendly and helpful. The teams playing were the Birmingham Beavers vs the Westside Woolly Mammoths. The Woolly Mammoths beat the Beavers 7 - 4. We were cheering for the Beavers; however I think at times it didn't matter because we were really cheering for both. We didn't want to play favourites as we were from out of town. A couple of times we tried to teach the Americans how to do the "Canadian" wave, but it didn't work as it didn't catch on but there was no harm in trying.

With the game over it was back to the hotel for much needed sleep. One busy day down, one more to go! The morning consisted of breakfast for everyone at the hotel, bags packed, vans loaded, and one more stop at Target for some shopping before crossing the border. Once everyone did a bit of shopping, we said all of our "Thank you" and "Good Byes" to our host and headed for home with passports in hand.

All back safe, all back tired, all back with stories to tell, all back with old friends and new ones made, all back with memories and wishes to go again next year.

A big **THANK YOU** goes out to Michael and Deb Ward for organizing this amazing event.



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## Bidding Felipe a Happy Retirement!

By Georgia Kulinas, SWII



*As part of the surprise the NY SWACA Team created this poster showing Felipe driving away to his retirement.*

On June 7th North York Supported Work and Community Activities (SWCA) program surprised Felipe Wannam with a retirement celebration. The celebration started with a light brunch and a panel discussion. The panel consisted of four staff (Michael, Weeda, Aida and Natalia) who have worked with Felipe for a considerable length of time. The panel answered questions about Felipe and gave opinions as to how Felipe would answer. Given Felipe's feedback, it appeared that the team knows Felipe quite well!

After the panel discussion, the NY SWACA choir presented a beautiful musical selection and interpretation with support staff Carlotta conducting. *The Good, The Bad and The Ugly*, Enya's *Oronoco Flow (Sail Away)* and *Only Time* to bid Felipe a great farewell as he begins the next chapter in his life. Staff and participants made short speeches with their heartfelt gratitude and expressed how much he will be missed. The celebrations concluded with Spanish music "Dispacito" and other salsa music. Everyone enjoyed dancing to the beat.

All of NY SWACA wish Felipe the very best after 29 years of service.

Thank you Felipe!!!

## Upcoming North York Events

### North York Council Meeting

Monday September 10, 2018

1:00 pm – 3:00 pm

North York Office Boardroom

1122 Finch Avenue West, Unit 18

Everyone Welcome!

For more information contact: Wendy Dyke  
at 647--274-9281 or [wdyke@citytoronto.ca](mailto:wdyke@citytoronto.ca)

### SCARBOROUGH REGION

## Janet Johnston Retirement Celebration

By: Charla Rodak



*Sue Lynch thanks and congratulates Janet Johnston on her retirement.*

After 31 years, Janet Johnston had her retirement celebration at Lawson on Wednesday June 20, 2018.

Janet accepted the offer of kitchen supervisor and started her position on August 24, 1987. She only intended to stay five years; 31 years later, we are pleased to be honoring Janet and congratulating her on her retirement!

Throughout the years, Janet was an amazing contributor to many changes at Lawson. When the children who had lived at Lawson moved to homes in the community and Lawson became a respite program, the food services dramatically changed to

ensure that individual needs would be met – allergies, special diets, ethno-cultural requirements, preferences.

The catering service was started around 1991, which took the kitchen services to a whole other level. What began with lunches for seniors' programs grew to Board meetings, Council Holiday Parties and many special events held in the Association and at Lawson – United Way, holidays (incredible turkey dinners), water play days etc. Everyone looked forward to the delicious and beautifully presented meals provided by Janet and her team. And then there were the cakes...to die for!

Janet also took the time to bake a wedding cake for two people who are supported in our Supported Independent Living program.

Janet and her team, through their love of their work and the care for the children served at Lawson, made life at Lawson that much better for everyone. Food, fun and the enjoyment of the work always seemed to be something valued by Janet. She brought a can-do approach to everything, and always with a smile!

Everyone at Community Living Toronto, specifically Lawson and Scarborough Regional office wish Janet wonderful years ahead in her retirement.

Congratulations and thank you for the difference you have made to so many children, families and staff at Community Living Toronto!



*Janet is ready for retirement! Congratulations!!*

## Upcoming Scarborough Events

### Regional Council Meeting

Monday October 1, 2018  
6:30pm  
1712 Ellesmere Road  
All are welcome!

For more information on all of these events and to register contact  
Felicita Zanatta at  
647-729-1635 or  
[fzanatta@cltoronto.ca](mailto:fzanatta@cltoronto.ca)

### Bingo at Lawson

Friday September 21, 2018  
7pm-8:30pm  
1712 Ellesmere Road  
\$5 for a snack and prizes

### Connections Dance

Friday September 28, 2018  
7:30-9:30pm  
1712 Ellesmere Rd.  
\$8 admission  
Call Lester at 416-566-7252

## SELF—ADVOCATES COUNCIL

## Self-Advocates Talk About Goals at Annual June Meeting

*By: Sue Hutton*



*Self Advocates Council graphic recording.*

At this year's Self-Advocates Council Annual meeting they talked about goals for the coming year. Pictures were drawn to remind everyone what they talked about so that everyone could follow along.

The goals section shows pictures of a TTC symbol, because people want to talk about travelling safely on the TTC. There is a picture of a brain as people want to talk about mental health and intellectual disability. People also want to talk about conflict resolution, teaching family members about the rights of persons with disabilities, and working with peers. It will be an exciting year!





*The Self –Advocates Council and friends gather in front of pictures of this year's Sam Samler award winner, Doug Crellin and last year's winner, Mike Esder*

Please reach out and join us for future meetings. We are taking a break over the summer, and will meet again the third Wednesday of every month starting in September. For further information please contact: Sue Hutton [shutton@cltoronto.ca](mailto:shutton@cltoronto.ca), Michelle Grimley [michelle.grimley@cltoronto.ca](mailto:michelle.grimley@cltoronto.ca) or Tara Bates [tara.bates@cltoronto.ca](mailto:tara.bates@cltoronto.ca)

## VOLUNTEER VOICE

### BMO Volunteer Day

*By: Charla Rodak, Program Supervisor*



*BMO Volunteers pose the beautiful gardens they created outside our Lawson Location*

On June 12, 2018 Scarborough Regional Office and Lawson Children's Respite had 15 volunteers from BMO come to complete some much needed gardening in the front of our building. Since this is a multi-functional building which hosts many community events, has a consistent flow of families and external stakeholders often visiting it was important to have our outside match the warm and welcoming feeling of the inside.

The 15 volunteers showed up enthusiastic and ready to work. They transformed the two gardens in record time. One volunteer, Karen from the Finch and Warden BMO location went on her own to purchase some extra items to donate to this project. This was not expected but greatly appreciated. We also received a grant from BMO to cover our supplies in the amount of \$600.00. The children from Lawson will be completing a card with a group picture of the volunteers to present to BMO as a thank you in the coming weeks. We would like to thank all the volunteers from BMO, the Lawson kitchen staff that made sure the volunteers had a continental breakfast and light lunch to enjoy before and after their hard work.

We would also like to thank the staff that assisted with the purchasing of the supplies and their knowledge of plants and where they would thrive.

## NEWS

### Move & Play -Physical Literacy Project

*By: Kelly Kearns, Manager, Early Childhood Services*

The **Move & Play Physical Literacy** videos and supporting information has been developed in partnership with Braeburn Neighbourhood Place (lead agency), Community Living Toronto, The George Hull Centre for Children and Families, Lakeshore Area Multi-Service Project and The Etobicoke Brighter Futures Coalition.

The inspiration for the development of the videos is to provide educators, parents and others with information that promotes healthy life choices of movement and activity in young children. Physical literacy is the foundation for the development of skills, knowledge, and attitude that lead to healthy active lives.

The International Physical Literacy Association defines physical literacy as:

"...the motivation, confidence, physical competence, knowledge and understanding to value and take responsibility for engagement in physical activities for life."

So, what does this mean? Children are born to move, and the more they move the better their bodies and

minds function. They develop healthier brains, muscles, and bones, their hearts are stronger, they have better sleeping patterns, and better overall health. It also improves their sense of well-being, ability to self-regulate, and helps children develop resiliency. Research tells us that when children are physically literate the number of injuries decrease.

The first video concentrated on the introduction to understanding physical literacy and how regular opportunities for movement and activity can be included in any environment for young children. It offers simple ideas to transform daily routines into movement while also encouraging motivation and eagerness to be active.

The second video will focus on inclusive practices of physical literacy for children with extra support needs. There are many ideas and adaptations that can be incorporated into daily routines that provides a child with opportunities to engage in movement and play regardless of their needs. The video will explore ideas related to self-regulation and ideas to promote children's self-confidence as they explore movement, try new physical activities, sports and focus on a positive outcomes.

The video- Part 1 can be found on the [ConnectABILITY.ca](http://ConnectABILITY.ca) website.

## EVENTS

### 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**

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