

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

FEATURED STORY

Win tickets to Community Rocks!



Enter our social media contest to win a pair of tickets to Community Rocks! Thanks to a generous donor, YOU could win 2 tickets to Community Rocks!

Follow us on Facebook, Twitter, or Instagram. Like the contest post and tag a friend in the comment section.

This contest is open to everyone. One entry per profile.

Contest closes Wednesday November 7th at 5pm. Good Luck!

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Community Rocks is a week away! Do you have your tickets yet? If so, see you on the Disco Dance Floor! Otherwise, follow us on social media and enter in the Community Rocks Tickets contest!

 facebook.com/CLToronto/

 twitter.com/CLToronto

 instagram.com/cltoronto/

To purchase tickets go to: communityrocks.ca

Halloween at Manson!

By: Venus Ocampo



Pumpkin Carving at J.S. Manson to celebrate Halloween!

On Friday October 26th, Community Living Toronto's Jessie S. Manson location held their annual pumpkin carving event celebrating Halloween. Everyone carefully planned their designs and then dug into carving their pumpkins.

The group got into the spirit of Halloween wearing really fun, spooky, and creative costumes. After the carvings were done, everyone proudly displayed their creations and checked out what their friends had come up with!

We can't wait to see what spooky ideas folks come up with next year! Hope everyone had a Happy Halloween from Manson!

Donations to our Food Bank



Here are some of our Volunteers unpacking and organizing the donations from RBC.

This Month the Royal Band of Canada (RBC) took part in The United Way days of caring by donating food to our food bank! They were so thoughtful that the food they donated had people we support's needs and abilities in mind.

A big **THANK YOU** to RBC!

Upcoming Central Events

Central Region Dinner Club

Every Wednesday
4:00 pm – 8:00 pm
30 Birch Ave
CLOSED December 19 & 26,
2018 and January 2, 2019

One Direction Social Group

Saturday November 24, 2018
1:00 pm – 3:30 pm
Make Your Own Pizza Party
40 Birch Ave

Central Region Council Meeting

Tuesday November 27, 2018
6:00 pm – 8:00 pm
20 Spadina Rd
Meeting Room 1
All are welcome!

Downtown Parent Share

Monday November 12, 2018
Monday December 10, 2018
10:00 am – 12:00 pm
38 Regent St, Second Level
For information contact:
Bonnie Heath at
416-645-6000 ext. 1311
bheath@woodgreen.org

Niagara Falls Festival of Lights Day Trip

Monday December 3, 2018
Depart: 9:00 am
11 Coatsworth Cres
By Reservation Only
Contact: Stephanie Hall at
stephanie.hall@cltoronto.ca

sprOUT Meeting

Monday November 12, 2018
5:00 pm – 8:00 pm
40 Birch Ave

For information on any of the above events, contact Michelle Grimley at 647-729-1210 or michelle.grimley@cltoronto.ca

The Big Adventure Tour

By: Anosh Karim



The Big Adventure Tour - Thomas the Tank Engine

This past summer, Thomas the Tank Engine was in York–Durham Heritage Railway in Uxbridge for 6 days on their Big Adventure Tour.

A fun-filled day was planned for Community Living Toronto's Ennerdale toddlers. The children took a 25 minute ride with Thomas the Tank Engine and met Sir Topham Hatt, the controller of the Railway. They enjoyed videos and storytelling time in an actual train car. At the end of the ride, each child received a Junior Engineer Certificate.

After the ride, the fun continued for the children with activities such as: Zoo to You, Bubble Station, Kiddie Train, Hay Maze, and a Jumping Castle. The adventure continued for the children as they visited the Imagination Station for face painting and temporary tattoos. There were various food vendors and live entertainment to complete the day.

It was a wonderful and exciting day for the Ennerdale children.

United Way Days of Caring



Here's the volunteer group taking a quick break for a photo!

This month for United Way Days of Caring, a group of Volunteers from the Ministry of the Environment, Conservation and Parks were at one of our group homes this month doing a fall cleanup of the yard! **THANK YOU!**

Upcoming Etobicoke/York Events

Etobicoke/York Council Meeting

Tuesday November 13, 2018

6:30 PM

4895 Dundas St. W

Creative Village Studio

Etobicoke Parent Share

Thursday November 15, 2018

10:00 AM to 12:00 PM

295 The West Mall, suite 204

Friendship Group

Come out and enjoy an evening with friends!

Wednesday November 28, 2018

4:00 pm to 6:00 pm

295 The West Mall, suite 204

For Information any of the above events contact

Georgina Stergiotis

647-729-0445 or georgina.stergiotis@cltoronto.ca

Brenda's 70th Birthday Celebration

By: Wilma Nad



Brenda (in pink) celebrating 70 years with staff at North York SWACA

On Monday October 15th, 2018, a jubilant celebration took place at North York's Supported Work and Community Activities (SWACA) in honour of Brenda Kates to celebrate her 70th birthday. Brenda has been a part of Community Living Toronto's supported day program for 38 years.

Over the years, Brenda has made many long lasting friendships. Brenda's birthday celebration was hosted by Reena and Community Living Toronto. Music, laughter and food were enjoyed by all that attended Brenda's party.

A delicious lunch for all the partygoers was prepared by Estelita Parong, Brenda's primary support staff from Reena. The North York choir serenaded Brenda with a rousing rendition of "Skidamarink" and "Happy Birthday".

Brenda's special guests at the event included Joe Persaud, North York Regional Executive Director,



Brenda (center) with her friends at North York SWACA

and Heidi Reynders, Senior Housing Facilitator, who both knew Brenda from their days together at Reena. Brenda was also thrilled to have Barbara Drzwiecka, Reena Supervisor attend the festivities. Brenda was surprised, delighted and thrilled to have so many of her staff and friends share in her special birthday celebration.

Wishing Brenda a very Happy Birthday and many more wonderful years filled with happiness.

Upcoming North York Events

**North York Parent Share
cancelled for November
Will resume in December**

Pizza/Bingo

Wednesday November 14, 2018

6:00 PM to 8:00 PM

Victoria Park Hub

1527 Victoria Park Avenue

Register on MyCommunityHub.ca – 8235

**For information regarding North York region
contact Georgina Stergiotis at 467-729-0445 or
georgina.stergiotis@cltoronto.ca**

Mark's Mustang Dream

By: Meaghan Rudkin



Mark rides in his dream Mustang!

Mark found his passion for red Mustangs at a very young age from his father. Mark's father owned a red Mustang when he was young and would take him out for rides around the city. As we all know, Mustangs go really fast and that is one thing Mark loves about them. Last year during his Person Directed Planning meeting Mark expressed interest in going in a red Mustang as one of his goals; we wanted to make that happen for him.

In September of this year we rented a 2018 red convertible Mustang for staff to take Mark out and drive around the city for the day. Staff picked up Mark from the house and his expression was so animated with excitement and joy when he saw the Mustang he was going to ride in. The first thing he asked was "are we going to go fast?" Mark wanted the top down of the convertible the entire day rain or shine. You could not wipe the smile off of his face for the duration of the day.

Mark is usually a quiet person who keeps to himself. While in the Mustang Mark was very expressive and directive on where he wanted to go for the day and to be able to show the Mustang to others. He went and had some lunch, ice cream and to a dealership to look at other types of Mustangs. He also went to the regional office to show off the Mustang to a staff who used to work with him.

Mark could not contain his excitement throughout the day, especially when we "went fast" on the highway! While driving the streets of the city Mark put his hands up while the convertible top was down and just laughed and said "wheee". He has talked about the red convertible Mustang since riding in it and over the last month has expressed how much fun he had. Mark is advocating that he wants to do it all again. This is a dream come true for Mark and we want to make this an annual event for him.

Upcoming Scarborough Events

Council Meeting

Monday November 5, 2018
6:30 PM
1712 Ellesmere Road
All are welcome!

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

Bingo at Lawson

Friday November 16, 2018 at
7:00 PM - 8:30 PM
1712 Ellesmere Road
\$5 for a snack and prizes

Connections Dance
Friday November 2, 2018
7:30 PM - 9:30 PM
1712 Ellesmere Rd.
\$8 admission
Call Lester at 416-566-7252

Winter Literacy

Start date TBD
Saturday mornings
9:00 AM - 11:45 AM
1710 Ellesmere Rd.
\$25 registration and \$5 per class
Eligibility determined by interview

Self Advocates Talk Research! Surrey Place Centre's Barry Isaacs and Team Meet With Self Advocates

By: Sue Hutton



Self Advocates with Barry Isaacs

Self Advocates are experts in their living experience and can speak directly to issues as academics and staff simply can't. To truly find out what is important to people, we need to hear directly from them. That's why the slow shift in the world of research is very exciting; involving people with intellectual disabilities directly in speaking their views. Barry Isaacs, director of research at Surrey Place Centre and his team came to spend time learning from a group of self advocates interested in sharing their views on how they use the internet.

Barry's approach of spending time listening and valuing the voice of people with intellectual disability is the best way to learn what's important. As the People First saying goes, "Nothing About Us Without Us". The group was paced in a manner that everyone felt included and had a chance to express themselves. Food and drinks were provided, and each participant was paid for their time and expertise.

The project that Barry wanted information for is something that Surrey Place, Community Living Toronto, Family Service Toronto and Developmental Services Ontario are working on together. They are developing a website to help people use their individualized funding such as Passport.

SAC meetings are on the third Wednesday of every month

Next meeting:

Wednesday November 21, 2018

11:00 AM - 1:30 PM

20 Spadina Rd

Meeting Room 1

Presentation:

Yona Lunsky in preparation for a 4 part mental health series

For information about SAC contact Sue Hutton at 647-729-1205 or shutton@cltoronto.ca

HOLIDAY HAMPER PROGRAM

Put Smiles on Faces this Holiday Season

The holidays are just around the corner and the Community Living Toronto team is already getting ready to assist those less fortunate with our annual Holiday Hamper program. The program – which has been supporting families for over 20 years, helps alleviate some of the stress and extra costs associated with the holiday season, and brings joy to countless individuals supported by Community Living Toronto.

For more information about where to drop off your donations and about what we do/do not accept, please contact your Membership Coordinator.

To donate online, [click here](#) and select "Holiday Hamper"

Volunteer Orientations and Trainings

Upcoming Volunteer Orientation dates:

November 21, 2018 in Scarborough

December 12, 2018 in Etobicoke

March 13, 2019 in Etobicoke

June 12, 2019 in North York

Register for all above training sessions at:

cltoronto.ca/volunteers

Here are some Benefits of Volunteering...

- Develop new friendships
- Make a difference in the lives of individuals who have an intellectual disability
- Help others discover their strength and talents
- Share your skills and expertise to impact the people we support
- Develop important skills such as team work, collaboration, communication and leadership
- Advocate and help develop long-term policies to drive positive change within our organization
- Learn more about the Developmental Sector
- Gain a rewarding sense of accomplishment

Bonnie Heath, Co-Chair of Scarborough Council

By: Karla Galvez-Del Rio



Bonnie and her daughter Jenny.

Meet Bonnie, the Co-Chair of the Scarborough Council. Bonnie has been a member of Community Living Toronto for over 30 years. Prior to her working with us, she was a busy Mom taking care and raising three kids with various disabilities. As they grew up, Bonnie wanted to connect with other parents who were also in the same position. Although it took her many years before she could actively volunteer with us, we're grateful for the time that she's spent with Community Living Toronto! Here's what Bonnie has to say:

"My favourable memories volunteering with Community Living Toronto is connecting with adults with developmental disabilities and talking to them about their lives and dreams. I think I get more out of it than I give. Supporting others and helping to make changes in people's lives is extremely gratifying".

If you know anyone that is interested in volunteering with us, please visit our website at www.cltoronto.ca and email us at volunteers@cltoronto.ca



Money Matters Small Group Seminars

Join us for a Free Workshop to Learn About Managing your Money!

When: Wednesday, November 21, 2018

Time: 9:30 – 11:30 AM

Where: Community Living Toronto, 20 Spadina Road, Main Board Room

Sign-up: Money Matters workshop – sign-up by November 14 to Paul Bishop:

Email: pbishop@abclifeliteracy.ca,

Phone: 416-218-0010 x127

What you will learn:

1. What is a Bank
2. Ways to Pay
3. Needs, Wants and Budgeting

You will receive handouts and a caregiver workbook to share with your caregiver to support your learning. Caregivers are welcome to join the workshop too!

If you have any questions about the seminar, please contact:

Paul Bishop, pbishop@abclifeliteracy.ca, 416-218-0010 x127

Marieke Vandekolk, Marieke.Vandekolk@td.com

Money Matters was created by ABC Life Literacy Canada with support from Money Matters founding sponsor TD Bank Group, as part of their corporate citizenship platform The Ready Commitment.



We are redesigning our website!

CommunityLivingToronto.ca

We would like your input and idea's.

Please take 5 minutes to fill out this short survey:

<https://www.surveymonkey.com/r/28DWZQF>

Contact Lisa Dobbin for additional questions or comments. We would love to hear from you!

lisa.dobbin@cltoronto.ca or 647.262.8110.

Community Living South Muskoka

"Creating an Accessible Outdoor Recreation Destination – the example of Morrison Meadows"

Help Community Living South Muskoka create a successful accessible outdoor recreation park. Their first step is gathering data and information through a short 3 minute survey.

<https://www.surveymonkey.com/r/GBZ66SS>



More Time For What Matters

Do you self-administer your **Passport** or **Special Services At Home** (SSAH) funding? Spend less time managing your expenses with **MyDirectPlan.com** - so you can spend more time doing what you love.

It's free, secure and designed especially for the developmental services sector!



Signing up is easy!
Go to **MyDirectPlan.com** and follow these steps:

- 1 Click **Register for a Free Account**
- 2 Enter your **email address** & select funding type
- 3 Choose **Recipient or Fund Administrator**
- 4 Create a **password** (& accept terms of use)
- 5 Click **Sign Up!**

MyDirectPlan

support@mydirectplan.com | 1-844-637-6371

Follow Us On Social Media!



www.CommunityLivingToronto.ca



MyCommunityHub.ca

MyCommunityHub is an online registration space where people with a developmental disability and their families can find activities and programs that reflect their interests.

