

"Supporting the rights and choices of people with an intellectual disability."

FEATURED STORY

CELEBRATE TORONTO



L-R Sam Forbes, Nina, Nelson, Michelle, and Jenna

In this Issue

- Pg 1 | Featured Story
- Pg 2 | Central Region
- Pg 3 | Etobicoke Region
- Pg 4 | North York Region
- Pg 5 | Scarborough Region
- Pg 6 | Self Advocates Council
- Pg 7 | Volunteer Voice
- Pg 8 | News

On the weekend of March 9th and 10th, Community Living Toronto hosted a booth at Celebrate Toronto's 185th Anniversary Festival!

Celebrate Toronto is a free outdoor festival held at Nathan Phillips Square complete with art installations, local musicians, a vast selection of food and shopping and outdoor skating. Celebrate Toronto's partners, committee, volunteers and community brought together a wonderland of activities for all!

In support of Daily Bread Food Bank, Celebrate Toronto accepted non-perishable food donations all weekend long. We were touched to see so many people visiting the onsite Daily Bread Food Bank tent to make their donations.



Nelson Raposo ready to chat with event goers at the Community Living Toronto booth!

We had a great weekend mingling with the other and event goers. Public Relations and Fundraising Ambassadors, Jenna Martinuzzi and Sam Forbes and a member of our Board of Directors, Nelson Raposo were there helping at our booth and chatting with the public. We even saw some familiar faces in the crowd who stopped by to say hello! It was a wonderful time meeting new people and promoting the amazing work of Community Living Toronto in the heart of our City!

CENTRAL REGION

Valentine's Day at Manson!

By: Venus Ocampo, Support Worker II



Valentine's Day Party at J.S. Manson.

Last month, Community Living Toronto's Jessie S. Manson location held their annual Valentine's Day celebration. It was so great to see big smiles on everyone's faces as we celebrated Love Day with amazing dance moves and lots of sweet goodies! As always at Manson, the festivities were welcoming and everyone shared in the Valentine's Day fun!

A special thank you to Manson's Art Group with Art Therapist Coreen Gilligan for their gorgeous 'Tree Love' art piece.

Community Volunteer Income Tax Program

Community Living Toronto is hosting Free Tax Clinics across the City.

Volunteer Chartered Professional Accountants prepare personal tax returns for individuals in their communities who truly need assistance.

Personal Tax preparation service is available at no charge to individuals.

- With out dependants with a gross house hold income of less than \$30,000.
- With dependants, including a spouse or equivalent, with a gross household income of less than \$40,000.

Central Tax clinics will be held at 20 Spadina in the board room on the main floor for the following dates:

- Wednesday March 27th | 6:00PM—9:00PM
- Wednesday April 3rd | 6:00PM—9:00PM



Upcoming Central Events

Central Region Dinner Club

Every Wednesday

4:00 pm – 8:00 pm

30 Birch Ave

Final Day: March 6, 2019

Central Region Tax Clinics

Wednesday March 27 and

Wednesday April 3, 2019

6:00 pm – 9:00 pm

20 Spadina Rd

Boardroom

By Appointment

Central Region Council's

Annual Spring Fling

Dinner, Dance & Silent

Auction

Saturday April 6, 2019

Japanese Canadian Cultural

Centre

\$60/ticket

Get Your Tickets at:

<https://www.cltoronto.ca/spring-fling/>

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

at 647-729-1210 or

michelle.grimley@cltoronto.ca

HRH Breast Health Centre

By: Abdullah Pirkhan



Supported Work And Community Activities Etobicoke visiting Humber River Hospital's Breast Health Centre

On November 23, 2018 a group of individuals from SWACA Etobicoke attended a tour at the Humber River Hospital (HRH) Breast Health Centre led by Abdullah Pirkhan and Sarah Pereira. The individuals and staff learned about Cancer Prevention and Screening. This tour was presented to individuals with disabilities for the first time.

The tour allowed the individuals to feel comfortable and empowered them to be in a hospital setting. They had the opportunity to see the mammogram, ultrasound, and bone density machines. Seeing the machines in person put things into perspective for everyone. Each machine was presented and a demonstration was given on how it would be used. At the end of the tour, HRH staff provided the individuals with a gift bag with a bunch of goodies and information to take home to share with their family and friends.

Upcoming Etobicoke/York Events

Council Meeting

Tuesday April 9th
6:30 PM
Creative Village Studio
4895 Dundas St. W

Friendship Group

Wednesday March 27
4:00 to 6:00 PM
295 The West Mall, suite
204

Parent Share

Coordinated Service Planning Presentation

Thursday March 21
Thursday April 18
10:00 AM to 12:00 PM
295 The West Mall, suite
204

Save the Date!

Etobicoke/York Councils Upcoming Fundraisers

Garage and Vendor Sale for SWACA Etobicoke

Saturday May 11, 2019
288 Judson Ave. Unit 18
8:00 AM to 1:00 PM

We are looking for and appreciate any donations of gently used items.

Please no toiletry items, large furniture or clothing.

Contact Janina Coulthard at 416-526-2352

Easy Roller Bowlathon

Saturday April 27, 2019
4:00 PM to 7:00 PM
Rexdale Bowlerama

Great Prizes, Silent Auction, 50/50

Registration open

For information on all events and to register for the Easy Roller Bowlathon please contact Georgina Stergiotis at 647-729-0445 or georgina.stergiotis@cltoronto.ca

A Farewell Celebration for Elizabeth

By Aida Nitura



Elizabeth with Ann-Marie at her retirement party.

On January 31, 2019, an amazing celebration was held at the North York Supported Work and Community Activities program as long-time staff, Elizabeth Ilidan, hosted a luncheon marking her retirement.

Elizabeth worked for Community Living Toronto for more than 17 years. Her daughter, Elizabeth II and a family friend generously brought trays and trays of food and drinks to thank all the participants of the program for making her mother's time at Community Living Toronto meaningful and fulfilling.

There was a dance and speeches by participants, staff, and Program Manager, Jennifer Warnell, followed by a lunch to thank Elizabeth. Although everyone was sad to see her go, we are happy that she will have her well deserved retirement.

We will all miss you and thank you Elizabeth!!!



Elizabeth, centre of photo, opens retirement gifts with help from program participants.

Upcoming North York Events

Pizza/Bingo at the Hub

Wednesday March 20, 2019
6:00 pm to 8:00 pm
1527 Victoria Park Avenue
2nd Floor
\$3.00 at the door
Please pre-register

Family Information Session

Thursday April 18
6:30 pm—8:30 pm
Victoria Park Hub
1527 Victoria Park Ave.
Everyone Welcome!

Sibshop

Saturday April 6, 2019
10:30 am to 2:30 pm
Victoria Park Hub
1527 Victoria Park Avenue
2nd Floor
Must register for this event.

For more information about the above events please contact Wendy Dyke at 647--274-9281 or

wdyke@cltoronto.ca

Spinclusion Continues

By: Tracey O'Regan



Jenna and Tracey present the students of Cedar Drive Public School with a Thank You card for Spinclusion

During the month of February, Jenna and I had the pleasure of facilitating “Spinclusion” at Cedar Drive Public School. Cedar Drive is an elementary school operated by the Toronto District School Board within Scarborough Region. The students and staff were so friendly and incredibly enthusiastic participants.

Here is what one of the teachers had to say from Cedar Drive Public School:

“Tracey and Jenna,

Thank you for coming to Cedar Drive PD and engaging over 170 students in the fun and important Spinclusion game! The grade 2, 3, and 5 students really enjoyed the game format which helped them learn more about inclusion, especially the blindfold game and the charades.

And We also love that we have our very own Spinclusion Spinner!

Thank you, what a great way to celebrate Inclusive Education month and learn more about including everybody. We look forward to working with you and Spinclusion again.”

-Sherri MacEwen, Cedar Drive PS, Health and Phys. Ed. Teacher

Thank you to Mrs. MacEwan for organizing this event and to all the staff and students for making us feel so welcomed.

If you would like to schedule a Spinclusion session at your school, please contact:

Tracey O'Regan
Inclusion Coordinator & Education Liaison

Phone: 416-371-3162
Email: toregan@cltoronto.ca.

Upcoming Scarborough Events

Council Meeting
Monday April 1, 2019
6:30 PM
1712 Ellesmere Road
All are welcome!



Connections Dance
Friday March 29, 2019 at
7:30-9:30pm
1712 Ellesmere Rd.
\$8 admission
Call Lester at
416-566-7252

Bingo Bowling Extravaganza
Sunday May 5, 2019
3pm registration
Parkway Bowl
67 Ellesmere Rd.
\$25 per person
*includes shoe rental and sweet table

For more information on all of these events and to register please contact:

Felicita Zanatta at 647-729-1635 or fzanatta@cltoronto.ca

Lee Goodman and Choices that can Change Lives Fund!

By: Sue Hutton



Lee is excited to start using his iPad

Lee has been working away with support staff Tara Vaughn on an exciting project; getting his brand new iPad set up!

Lee was a lucky recipient of the iPad as part of the Choices that can Change Lives Fund that Community Living Toronto offers to people looking to fulfill dreams and change their lives with opportunities they may not have access to otherwise.

Lee has been attending self-advocates meetings and is a vibrant member, always bringing a laugh to the work we do. He has a great inspiring spirit that helps us have fun even when we are tackling challenging issues such as poverty, housing challenges, and other advocacy issues that are priorities for the Self Advocates Council.

He is incredibly articulate and we are thrilled to see Lee having an opportunity like this thanks to the Choices that can Change Lives fund.

Lee says of the iPad “I love music, and playing guitar – and the iPad has a tuning App, so I’m able to tune my guitar. Everybody else has always had things I couldn’t have, and now I have an iPad. It’s great. It’s like the rich get richer and the poor get destitute. We are just living under the poverty line. I’m hoping to get some more training to use the internet more on the iPad, and load it up with more games.

The Self Advocates Council would love a tour through the iPad one day, so join us and Lee can show it off to us.

Congratulations Lee!

Join the Self Advocates Council in March for a presentation on the Travel Training Program that Eric Laimer has been overseeing called, Discover My Route. Self Advocates will have a chance to learn about this exciting project!

For further info contact Sue at shutton@cltoronto.ca

CHOICES
that can
Change
Lives Fund

Visit choiceschangelives.ca for more info.

Upcoming SAC Events

Each month the council has activities lined up. Meetings are the third Wednesday of every month from 11-1:30pm. For further information, contact Sue Hutton at shutton@cltoronto.ca or Tara Bates at Tara.bates@cltoronto.ca

Volunteer Orientations and Trainings

Visit: Cltoronto.ca/volunteers to join a training session and/or apply for a Volunteer Opportunity.

For new Volunteers, these are dates for upcoming Volunteer Orientation Sessions:

April 10, 2019 @10:30 AM – 12:30 PM
295 The West Mall, Suite 204

May 15, 2019 @5:30 PM – 7:30 PM
1122 Finch Ave. W., Unit #18

June 19, 2019 @10:30 AM – 12:30 PM
20 Spadina Rd.

For registered Volunteers who would prefer to do their annual training in-person, these are the dates for upcoming Annual Volunteer Refresher Training:

March 19, 2019 at 295 The West Mall, Suite 204 from 11:00 AM – 12:00 Noon

June 12, 2019 at 1122 Finch Ave. W., Unit #18 from 5:00 PM – 6:00 PM

Upcoming Volunteer opportunities

Life Skills Volunteer in Etobicoke Region:

Friendly Visitor Volunteer in North York Region

Friendly Visitor Volunteer in Central Region

Please contact: volunteers@cltoronto.ca if you have any further question

Membership Relationship Has Its Benefits

By: Wendy Dyke

As we are in the process of our annual membership renewals, I wanted to highlight a membership benefit that we don't often focus on.

In our mailouts for membership renewal you will be told about how vital keeping membership strong is to the Community Living Toronto movement. You will also be told about the great programs and events that are funded through membership donations. These are all great reasons to become a member or renew your membership. What you may not know is how you as an individual you will benefit from being a member of Community Living Toronto. One of our primary roles as membership coordinators is to help families find services in their community for their loved one with an intellectual disability. We fill this role when we answer our main phone line 647-426-3220 called the Information and Membership line. Anyone can call this line to get help finding services and supports in the community. However, as a member of the association you will be creating a relationship with Community Living Toronto that allows the membership coordinators to communicate with you on an on-going basis. We do this primarily through email, sending you information about programs, social events and information sessions that the Association is hosting and will share community partners information with you as well. We will keep you up to date on issues and changes within the developmental services sector. This can save you tons of time looking for information on the internet.

The relationship goes further than that. As membership coordinators we get to know our members and they get to know us. So, when a member runs into a situation and they really aren't sure how to handle it, they can call the membership coordinator to ask for advice, direction and help.

As a member you have given us permission to contact you when we come across information we know will help you. For example, a member connected with me because she was looking for a life skills program for her daughter. At that time, there weren't any programs

being offered. However, the following week I received information about a new session starting the next month. I was able to contact her directly about this program because she is a member and that provided me with permission to do so.

We do follow up with callers who contact us through our main line but with our members, it is a long-term relationship that allows the membership coordinators to initiate contact with our members when we get information that we know will help them whether that information comes to us the week after they were looking or six months later.

I've been a membership coordinator for a long time and built wonderful relationships with our North York members. I really enjoy having members call on me for advice and assistance with everything from employment supports, finding recreation options, ODSP issues, help with finding a disability lawyer, to understanding the developmental services sector. Although we don't do long term case management, we can provide our members with some short term supports and be there to help them with dealing with the complex developmental services system. We are a resource and connection to the sector. I frequently get told by our members, 'You always come through for me when I don't know where else to turn'.

To renew or become a member of Community Living Toronto please visit our [website](#).

To learn more about membership please email contactus@cltoronto.ca or call 647-426-3220.

Renew Your Membership

cltoronto.ca/membership/



FAMILY FUN FAIR

SATURDAY
JUNE 8TH

11AM—3PM

1712 ELLESMERE ROAD

\$4 ADMISSION

COMMUNITY LIVING
Toronto



CARNIVAL, BINGO, BBQ, GAMES AND MORE!

WWW.COMMUNITYLIVINGTORONTO.CA



Come Celebrate Community Living Month with us!

Friday May 17th, 2019

9pm-MIDNIGHT

\$30 each or \$100 for 4!

Can't attend?

Sponsor someone that would like
to attend or make a donation!

A limited number of tickets are available. Purchase yours today to secure your spot!

CommunityLivingToronto.ca/waterparkafterdark

You do not have to stay at the Lodge to access our event. If staying at the Lodge, note that you will need to purchase tickets separately to attend the Waterpark After Dark.



Central Council's

Spring Fling

2019

Dinner & Dance

.....
Saturday April 6th

Japanese Canadian Cultural Centre
6 Garamond Court
(Don Mills and Wynford Drive)

5 p.m. Reception • 6 p.m. Dinner

Tickets \$60

Buy tickets online at www.cltoronto.ca/spring-fling or
Contact michelle.grimley@cltoronto.ca

Live DJ • Raffle • Door Prizes • Silent Auction

VISA, MasterCard & AMEX accepted

COMMUNITY LIVING
Toronto

Supporting Rights & Choices



Community Living Toronto- SWACA Etobicoke's



May 11, 2019

9:00 AM - 2:00 PM

288 Judson St. Unit #17, Etobicoke

(Between Horner Ave. & Islington Ave.)

Proceeds raised will fund Community Living Toronto's Activities and Programs

Supporting individuals with an Intellectual Disability



Great Finds!

Hotdogs, Drinks, Snacks

50/50, Raffle, Pick a Prize

Janina Coulthard at yancha.co@gmail.com or 416-526-2352



9th Annual Bingo Bowling Extravaganza!!!!

Sunday May 5, 2019

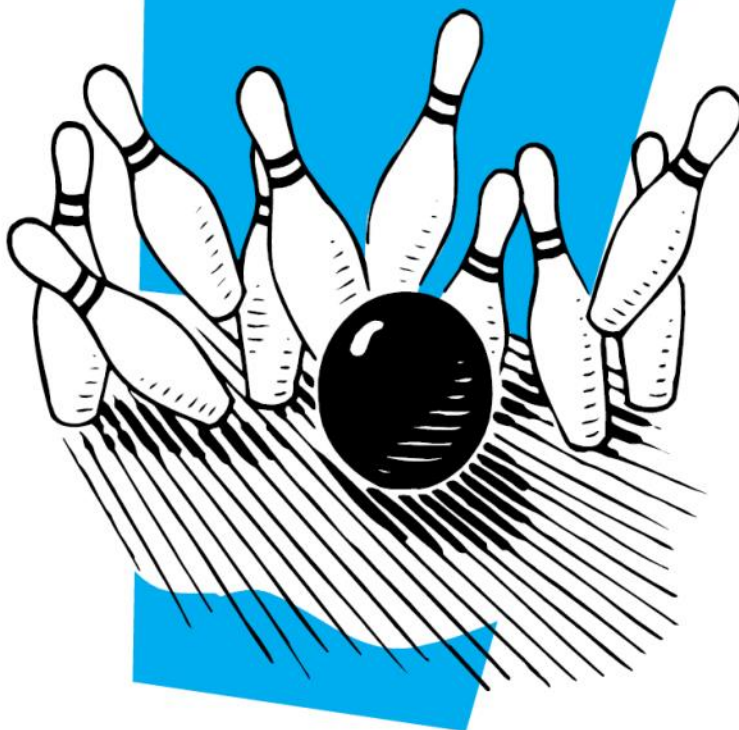
3:30pm to 5:30pm

Registration: 3:00pm;
lanes are open

\$25.00 per person
(includes shoe rental
and sweet table)

Location:

Parkway Bowl
67 Ellesmere Rd,
Toronto, ON, M1R 4B8



Please join Scarborough Council for a fun afternoon of Bingo Bowling and help us raise funds to support our great initiatives!

- There will be tickets for a chance to win fabulous prizes !
- *Get your Team of 6 registered now to guarantee your lane!*

Please contact Felicita Zanatta to register
at 647-729-1635 or fzanatta@cltoronto.ca
Deadline for registration is April 29, 2019



United Way
Greater Toronto



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!**

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

MyDirectPlan

Funding provided by:
 Ontario

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.

