


MEMBERSHIP /VOLUNTEER/ DONATIONS

Membership includes a yearly subscription to our newsletter, the right to become a Board member and voting rights at the Annual General Meeting.

Donations are used to enhance the programs and services that we provide.

Please detach or copy and return with remittance to:

 COMMUNITY LIVING TRENTON & DISTRICT
52 Lafferty Rd. R. R. # 4, Stn. Main,
Trenton, Ontario K8V 5P7

(Please make cheques payable to Community Living Trenton & District or CLTD.)

Name: _____

Address: _____

Phone # (s): _____

E-mail: _____

<p>Volunteer:</p> <p>_____ on the Board of Directors</p> <p>_____ on a Committee</p> <p>_____ assisting with fund raising</p> <p>_____ working with individuals</p>

New Membership - fee \$10.00 _____

Membership Renewal - fee \$10.00 _____

Donation - _____

In /honour/memory of (if so desired) _____.

Would you like us to acknowledge your donation to the family? _____ Yes _____ No

Membership \$ _____ + Donation \$ _____ = Total \$ _____

Thank you for supporting Community Living Trenton & District. Receipts for income purposes will be issued for donations.

Charitable Registration #: 0372177-11

If you have any questions or comments about our Association please call the main office at 613-394-2222.



Mission Statement

Community Living Trenton & District is committed to the provision of supports that will assist individuals with an intellectual disability to live, work, and play as integrated and valued members of their community.

VIEW FROM THE CHAIR

Good-bye Ron

When Betty Roberts announced her retirement six years ago we knew we had some pretty big shoes to fill. While we were interviewing another candidate Ron came in and sat down beside one of the people we support. He did not wait more than five or ten minutes for his interview but by the time he came into the interview room he knew almost everything about this person. We knew then that we had a very special person in front of us.



Bob presenting Ron with a send off gift.

In the six years that Ron spent with us he has never ceased to amaze me. There were so many times that I walked into the office only to have Ron inform me he just confirmed funding for one project or another. He has a tremendous rapport with the ministry and it is obvious that the respect is mutual. When Ron spoke people listened. I was always impressed with his thoroughness; he never came to the board table unprepared. You knew when Ron presented something that all the requisite research had been done thus allowing the board to make an informed decision. This, combined with his wonderful sense of humour and wit, are going to be sorely missed.

It was with a heavy heart that I accepted Ron's resignation but we wish Ron and Brenda the best of luck in their new endeavour.

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But there is a saying, when one door closes another opens. The door that opened welcomed Starr Olsen to the Executive Director's chair. Starr comes to the agency with a tremendous wealth of knowledge and experience within the developmental sector. We look forward to Starr's many exciting ideas on how to improve an already great organization.

Until next time..... Bob Giasson, President

HAPPENINGS.....

Since our last newsletter everyone has been busy enjoying the Fall season and getting ready for Christmas and Winter.

Some folks went to the Wind Reach Farm for a relaxing day watching the horses. Other activities included bowling tournaments, bi-weekly ceramic classes, a night out at Little Texas, wagon hay rides in downtown Trenton, family Christmas parties, the Friendship Circle Christmas pageant, and the Day Options Annual Christmas Luncheon and gift exchange.

A very big Thank You to George and Ruth Gould for their assistance with these activities.



Vanessa, Martine, Philene, Kevin, Gordon, Kelly and Angela at Wind Reach Farms.

Day Options Program – Annual Christmas party

The Annual Christmas Party and gift exchange was held at the Royal Canadian Legion this year. After many glitches (major water problems at the Day Options Program) the party was a huge success.



Lorrie, Julie and Helen getting things ready.

A heartfelt thank you to the Legion for coming to the rescue by letting us use the upstairs hall for our party.

For a change and ease of serving the meal was a cold plate. We feasted on turkey, salads, rolls, cheese, pickles, desserts, and juice.

A big thank you to Lorrie Arsenault's sister and brother-in-law, Sherry and Chris, for letting us use their kitchen facilities to prepare the meal and also a big thank you to Lorrie's mom, Barb, for all her hard work getting things ready.

Santa made an appearance once again this year for the gift exchange (thanks to the Hakers). Santa was a very popular guy. Everyone took their turn sitting on his knee to receive their gift and to have their picture taken.

Thank you to Bill Salans for getting out his accordion and entertaining us with renditions of Christmas carols and other popular songs. Folks gathered round to listen and to sing along.

Thank you to everyone who helped to make the luncheon a success.

I hope everyone had a very Merry Christmas and a Happy New Year. All the best to everyone in 2007.

Susan Holmes, Counsellor, Day Options Program



Bill Salans entertaining with his accordion.



DATES TO REMEMBER

Mar 11 – Daylight Saving Time begins – clocks go ahead

Mar 17 – St. Patrick's Day – don't forget to wear green

Mar 21 – First day of Spring

Apr 06 – Good Friday. Day Programs and the Main Office will be closed.

Apr 08 – Easter Sunday

Apr 09 – Easter Monday. Day Programs and the Main Office will be closed.

May 12 – Community Living Day with the Blue Jays – more info inside.

A JOB WELL DONE.....

Mrs. Joan Loveland would like give a public pat on the back to all the staff who support her son Wayne. They do a tremendous job, are very thoughtful and accommodating to Wayne. Thank you.

THANK YOU.....

At this time we would like to convey our appreciation and heart felt thanks to those who have recently made donations to CLTD.

John Frost – Trenton, Ontario
 Ernest Chevalier – Trenton, Ontario
 Thomas Whitley – Belleville, Ontario
 John & Toni Kirby – Frankford, Ontario
 Dr. H. B. Struivig DeGroot - Carrying Place, Ontario
 Maurice Pardo – Beaconsfield, Quebec
 John and Aline Rowen – Beaconsfield, Quebec
 Dr. Douglas Jackson – Trenton, Ontario

In memory of Garry Fowler

Allan & Allison Adams, George & Audrey Atkin, Claire Blackwell, William & Florence Bulpit,
 Jason & Shari Cook, Hilda Cullen, Georgie Doney, Jessie Evans, Sandra Geddes,
 Bob & Julie Giasson, Rosemary Hepburn, Shirley Irvine, Douglas & Phyllis Jones, Arnold Ketcheson,
 Elayne Lockhart, Dennis & Nadyne Mattis, Wes & Evelyn Pearson, Stan Sexsmith,
 Cyril Sloat, Ernest & Jean Thompson, Elizabeth Turner,

I would like to take this opportunity to thank everyone who contributed to this newsletter. I may be the one who puts it all together but I couldn't do it without their assistance. Contributors are:

View from the Chair - Bob Giasson

E.D.'s Perspective - Ron McCauley

The One Less Traveled – Starr Olsen

Health & Safety – Joint H&S Committee

Happenings - Susan Holmes, Philene Hanna

Job well Done - Joan Loveland

Distracted Driving

Distracted driving makes it more difficult to focus on the primary task at hand. Common driver distractions include:

1. adjusting the radio or climate controls;
2. distractions from other occupants, passengers or children;
3. eating, drinking, or smoking while driving;
4. using a hand held or hands-free cell phone or on-board telematics (i.e. navigational systems, wireless internet, e-mail, etc.).

The Stats

Your chances of getting into a collision are 4 times higher when you talk on your cell phone. In 2003, collisions involving distracted drivers in Ontario resulted in more than 14,000 injuries and 75 fatalities.

Drowsy Driving

Drowsy driving causes impaired reaction time, judgment and vision. common factors that contribute to drowsy driving include:

1. less than six hours sleep per night;
2. an overly active lifestyle;
3. driving after being awake more than 15 hours;
4. long duration driving;
5. medical conditions.

The Stats

Driving after 19 hours without sleep is like driving with more than half the legal alcohol limit. Driving drowsy can be as deadly as driving drunk. At highway speeds, you can travel 30 metres in the blink of an eye.

Aggressive Driving – Speeding

Aggressive driving causes an increase in violent traffic disputes. Furthermore, aggressive drivers over estimate their perceptual and motor skills while driving and therefore increased their risk of collision. Some common signs of aggressive driving include:

1. driving or attempting to drive at a speed different than the prevailing speed;
2. verbal or non-verbal expressions of anger directed at other drivers designed to encourage retaliation;
3. deliberately ignoring traffic controls especially by increasing speed or failing to slow for the controls;
4. driving in a way that attempts to gain an unfair advantage of other drivers, being negatively influenced (i.e. frustrated) by systematic factors (i.e. time of day - rush hour or perceived level of traffic congestion).

The Stats

Speed is one of the biggest killers on Ontario roads. Many people admit to speeding even though they know it's unsafe. drivers who exceed the speed limit by 30 km/h or more are about 6 times more likely to kill or injure themselves. As your driving speed increases, your time to react decreases.

FROM THE ED's PERSPECTIVE



By the time you see this article I will have left my position as Executive Director with Community Living Trenton & District and have taken up my new responsibilities as Executive Director of New Leaf in Queensville. It is difficult to believe that six years have come and gone so quickly. These have been years filled with joy, pain, challenges, opportunities and growth. The past half decade in particular has been a difficult period throughout the developmental service sector in general, and in Trenton specifically. Year after year we have been forced to do more with less and to find creative ways to ensure services and supports continue for those who rely so heavily upon them.

Difficult times call for creative and courageous responses. I am very proud of the fact that collectively Community Living Trenton & District has been able to meet these challenges with courage and determination. Seldom is there unanimity on the most difficult choices we are called to make, but thanks to strong leadership at the board and management level this agency has made the courageous and difficult choices. These decisions were taken knowing full well the fact that not everyone would embrace them or understand fully the reasons these decisions had to be made. But that is what leadership calls for, and that is the leadership displayed in our Board of Directors.

At the end of the day as I reflect upon the past six years I see the many ways this agency has grown and developed. For example we have embraced the new technology and moved from a company with two computers to one where computer technology permeates the entire agency. We are now at home with e-mail business, networking, and automated serious occurrence reporting, and working with a regional automated central data base system. I anticipate that we will launch our web site within the year. We have over the years reduced the size of our group homes; we have modified the schedules away from single 24 hour schedules to ones that permit more double staffing hours, and more humane working hours for our group home staff. We have grown and developed our S.I.L. program, and have expanded to include a School to Community Transition program.

The past six years have also been marked years of fiscal challenges. From rising costs on all fronts and shrinking base funding to local economic pressures such as the closure of Crane Canada we have had our share of issues to respond to. Yet we have been able to consistently meet our commitments and to move the yard stick forward. Today we have a two year labour agreement, a revised Pay Equity Plan, and a balanced budget. We have S.I.L., Day Options, and Transitions programs that are ready and able to grow. We now have a strong, stable base from which to build. I am excited about the possibilities for Community Living Trenton, and I am thrilled that we have been able to recruit as Executive Director, Starr Olsen. Ms. Olsen has been described to us as a woman of immense leadership qualities, and a woman of vision. I truly believe that Trenton under her leadership is destined for great things.

In closing I wish to thank the many people I have had the opportunity to work with over the years, and I wish you all success as you continue to assist the people we support to live, work and play as valued and respected members of our community. Thank you for giving me the opportunity to work with you. I will always look back fondly upon my time here in Trenton.

*Thank you,
Ron McCauley*

COMMUNITY LIVING DAY WITH THE BLUE JAYS

is **Saturday, May 12, 2007**
Toronto Blue Jays vs Tampa Bay Devil Rays.
Game time is 1:00 p.m.

The Blue Jays will donate \$3.00 per ticket back to Community Living. **\$25.00** will get you your ticket and coach line bus to and from the game. There are only 48 tickets so call Darlene Dale at the main office to book your seat, 613-394-2222.

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THE ONE LESS TRAVELLED



My first week at Community Living Trenton & District is complete. As I sit by my window close to the fire watching the snow swirl and blow I think back on what this week has been like. New beginnings are exciting but can be a challenge as well. New faces, new names, new systems, new ways of doing things ... all important to remember and understand.

I have met many staff and colleagues, parents and individuals supported by our agency and my impression is of an incredibly dedicated group of people who have said they are looking for new and different challenging opportunities, to walk a path that will bring new experiences for themselves and for those we support. I also will be walking a new path as the Executive Director for Community Living Trenton & District and I know I will be learning new things and accepting fascinating challenges.

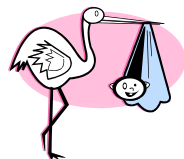
New paths and roads are interesting, stimulating and provide an opportunity to try innovative ideas, some of which will work and some that won't, but we can always learn from both. In Robert Frost's poem, **The Road Not Taken**, he describes how he came to a crossroad and finally decided to take the road less traveled. the last line of the poem is.....

“Two roads diverged in a wood, and I –
I took the one less traveled by,
And that has made all the difference.”

As I take over the role of Executive Director, I hope to walk with this agency down a road that will make a significant difference to the people with an intellectual disability that we support, a difference that will enrich their lives and will make the work of the staff of Community Living Trenton & District stimulating and exciting. I am looking forward to walking with all of you, down new roads.

Starr Olsen
Executive Director
Community Living Trenton & District

CONGRATULATIONS



To Kendra and Andrew Casey on the birth of their son, Christopher William. The happy event occurred at 1:38 p.m. November 10, 2006. Christopher weighed 9lbs. 5 oz. Mom and babe are doing very well.

To Shawn Devries and Rebecca DeWal who were married on January 13, 2007
We wish them all the best.



CONDOLENCES

Our heartfelt sympathy goes out to Vivian Fowler and her family. It was with heavy hearts that we gathered to say good-bye to Garry Fowler who passed away peacefully on December 14,

2006. Garry was a founding member of this association and gave considerable time and effort to its development. Garry will always be remembered for his dedication, love of life and his ability to make people laugh.

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HEALTH & SAFETY

Congratulations, everyone! Read on.

MEMORANDUM

TO: JHSC

FROM: Darlene

DATE: November 21, 2006

SUBJECT: Health and Safety

On behalf of the Management Team I would like to thank everyone for their dedication to Health and Safety this year. We have shown our success by the numbers of WSIB claims being ZERO this year. We have had a few incidents which were quickly remedied by the JHSC to ensure no further incidents occurred to any other staff.

Our Joint Committee has dedicated most of the training this year to personal wellness including topics like nutrition, safety outside of work, overall health, exercise and the negative impacts of smoking. I believe we have educated the staff and are helping them make better choices because of the material and education we have provided. I also believe that the new topics have sparked the Health and Safety Committee and given it new life.

I look forward to next year with the topics we have chosen to provide to the staff for education and training. Let's keep up the great work.

Darlene Dale
Co-Chair of the Joint Health and Safety Committee

cc: Ron McCauley

The following is a recipe for a very tasty and nutritious dip for cut up fruit.

FRUIT DIP

500 g 2% MF or less vanilla yogurt

package instant vanilla pudding

Fresh, thawed frozen or canned fruit packed in water or juice

Mix the yogurt and the pudding very well. It's best to use a fork to make sure the pudding powder is mixed in well.

Serve as a dip for cut up fruit. Also, works well as a topping for a dish of fruit.

Keep refrigerated.