

BRIDGES

Susie Scores a Double!

Susie Tripp has long dreamed about attending a Toronto Maple Leaf's hockey game in Toronto, and on April 4th of this year, that dream became a reality.

Anyone who knows Susie knows about her love for the game; especially the Toronto Maple Leafs. There isn't a day that goes by that she isn't talking your ear off about some game she's watched, or a puck she has been given by one of the referee's at a local game. But none of that compares to the joy she has expressed over and over since being given the opportunity to finally see a real live NHL game.

Our trip started with a First Class train ride to Toronto on which we enjoyed a delicious breakfast while watching the scenery pass by. Next, we arrived at our Hotel where we had an early check in so we could enjoy all the sights the big city had to offer before heading to the game. We walked around downtown stopping for lunch at a pub before continuing on to The Hockey Hall of Fame for some picture taking outside with the statues and to pick up a jersey for Susie to wear to the game.

When Susie was tired of all the sightseeing and walking, we headed back to the Hotel for a much needed nap before the big game. Once we were ready for the game there was no stopping Susie!



Susie, the Leafs # 1 Fan!

She insisted on walking to the arena, which was only a short distance away (I believe she liked the buzz on the street about the game and the camaraderie that was felt amongst the fellow hockey lovers). Once at the game we were treated very well by the arena staff. The people that were sitting on either side of us were very friendly and included us in their conversations. The atmos-

phere in the arena was jovial and electric, and it was amazing to be part of such a crowd. Susie just loved the game and was taking the whole thing in, her eyes darting all over the place just soaking it all up.

Unfortunately the Leafs lost the game, but I think the fact that Susie met, had her picture taken with, and her jersey signed by Wayne Gretzky's dad made up for it. Mr. Gretzky was extremely kind and a pleasant man to speak with, and both Susie and I, being a huge Wayne Gretzky fan, were very honoured to have spent the time with his dad that we did.



Connie, Susie with Wayne Gretzky's father, Walter.

On our second day in the city, we spent most of our time at the Hockey Hall of Fame where Susie got to have her picture taken with the Stanley Cup and many of the other displays that were there. I would have to say it was an amazing trip to see Susie's dream finally come true. Those are two goals that can definitely be crossed off her list.

The only negative thing I have to say about the trip was the look on Susie's face when I had to tell her that we weren't going to another game on the second night, when she asked me what time the game was.

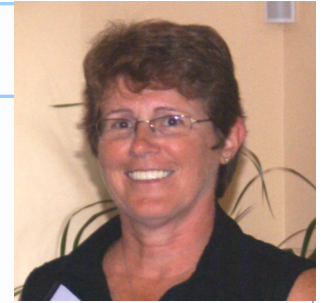
*Connie McLean
Support Staff*

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CLQW 6th Annual
 Tee-Off for Inclusion Golf Tournament
 June 8, 2013
 Timber Ridge Golf Course
 Registrations are now being accepted
 Call Darlene Dale at 613-394-2302
 or go to www.clqw.ca

View from the Chair



Choice: defined by Webster's dictionary as "the act of choosing or selecting. "The Act" in this case is a verb meaning *choosing* to do something or not.

We all have choices or so the majority of people believe. We have choice in where to live, with whom we live, where and when to work, where to spend our money and so forth. And then there are the everyday choices we make. What clothes will we wear; what will we eat for breakfast; in what social activities will we participate. Think about all of the choices we all make everyday. At least most of us. For some these everyday choices do not happen. There are a number of people who don't have the opportunity to make these choices.

Many people with an intellectual disability

do not have the simple choices we all make everyday. Basic choices which we take for granted are not always possible for an intellectually challenged person. In our community there are many mature functioning adults that do not have the opportunity to choose their own clothes, their breakfast, lunch and dinner, social activities, friends, and a place to live or with whom they will live. These adults do not have the same freedoms and opportunities as a person without an intellectual disability. Decisions and choices are made on their behalf by others, who hopefully have their well-being in mind.

But what if the adult with an intellectual disability's best interests aren't always at the top of their care-giver or family member's list of priorities? What if, over time, the family decision maker gets lax, or tired, or just doesn't care much anymore or life just gets in the way and the best interests of the person with an intellectual dis-

ability get lost somewhere

along the path. What then? What happens? What are the person's choices? They are stuck!! Because of their disability, their options are limited. None of us would want to be in that kind of place where our right to choice was limited by the concern of the person providing our care. No one wants to be there!

I recently had an intelligent, capable care giver for a person with a mental capacity of approximately three tell me that it is "OK" for intellectually challenged people to sit in front of a television all day because that's all they can do. They can't do anything so it's not hurting them to sit there seven days a week. They don't know any different. This very capable person wished that options were available but didn't think it would make much difference.

We all have choices or so the majority of people believe.

One person can choose to sit in front of the television and one cannot choose, the choice is made for them. The problem is freedom of choice. The presence of an intellectual disability should not hinder freedom of choice. The person I was talking with didn't think it really made any difference because, as they said, the person doesn't know any different. They thought that because the person they were caring for was "warm, fed and safe, that was all that was needed". I queried..."You honestly believe that?" The reply.... "Yes".

I was shaken by this conversation and I guess I am pretty naïve. I have always believed that each of us, no matter the mental or physical capability, has the right to the best possible life and being forced to watch television all day every day is NOT living. It is existing! Existing is much different than is living. Without the ability to make choices, a person's basic freedoms are eroded and they can waste away both physically and mentally.

So much excellent research has been done

on the value to a person of staying mentally and physically active that it is simply incomprehensible that anyone could still think that stimulation for any human, regardless of their intellectual ability is not needed. Quite frankly, most of us make more effort to be sure our dogs have exercise, simulating toys to play with and regular time with family than it appears some people do for family members with intellectual disabilities.

Some intellectually challenged individuals may not be able to fully comprehend some of the more complex issues of life. They can appreciate and do understand

being around people who smile, laugh, interact, play and include them. That is what our agency is about, creating opportunities for every person with an intellectual disability to have a fullness of life, the warmth of being cared about and a chance to grow as valued people in this world. We want to make the lives of the people we support better, more involved, more physically active. Choice provides dignity and dignity is one of the key components of being a valued human. We hope to improve the quality of life by offering CHOICES to those we support. Choices make us all better and more productive people, no matter our mental capacity.

Thank you for reading my rant. I was shocked that a person could be so out of touch with those key components of what makes a life meaningful. That's the way I see it.

Michelle Earle
Board Chair

Quinte West Quest

All participants of the Compass Program recently participated in our second Quinte West Quest. The classes had a competition to find 75 places in the community, and take pictures of these places with the participants in the pictures. The classes presented their findings on March 29th. One class presented by Power Point, one on a large board, and one put their pictures in a scrapbook. Many thanks go out to the hard work the participants put into this Quest, as well as staff, students and volunteers. Each class was awarded a lunch out with the program .

Here are Susie, Cindy, Jake and Marshall standing in front of a Thunderbird Totem Pole at CFB Trenton.



To the left is Marshall, Jim, and Brad with the Tiger from Giant Tiger.

Below is Jake sitting on a Zamboni; and Marshall, Cindy and Galen holding a working Cannon.



TOP SHELF Ball Hockey for HELMS

Health Energy Learning Motivation thru Sports partnered with B and R promotions to host our first TOP SHELF Ball Hockey Tournament . The weather was fantastic, we couldn't have ordered a more perfect day. Thank you to McDonald's for providing coffee and muffins to get the morning going. The excitement could be felt as teams geared up in anticipation of meeting their first opponents. Six teams came out to vie for the top spot. Each team played four games in the round robin with the top four teams moving into the semi finals. The final game was a hard go between two well matched teams.. Thank you to all of the

players for helping to make the tournament a success. We definitely couldn't have done it without you. To the right is the winning team ,the CVN Snipers.

We would also like to thank our sponsors Lakeland Multi-trade and Community Visions and Networking. Thank You to all the prize donors: McDonalds, Ken and Nikki Crawford, Harveys, Toppers Pizza, Captain George's, Home Hardware and the many members of HELMS for donated gift cards and silent auction items. Thank you to Wally Dever arena and YMCA Belleville for use of the nets for this tournament.



A heart felt "Thank YOU" goes out to the many volunteers that helped with food sales, organization of silent auction items, time keeping, and other things that were needed to make this a success. There were also four quality referees that donated their time to make this a success. We were able to raise just over \$1200 with this tournament. Everyone left saying how much fun they had had and that they would be back next year and would bring some friends. We look forward to it.

Toni Kirby, HELMS Coordinator



Community Living Quinte West Achieves Four Year Accreditation Through FOCUS Accreditation

Date: May 6, 2013

Quinte West, ON –FOCUS Accreditation is pleased to announce that Community Living Quinte West has been successful in its bid to be accredited by FOCUS Accreditation. Accreditation extends from May 2013 to May 2017.

Community Living Quinte West is a non-profit, charitable organization with a mandate is to provides a wide range of services to youth and adults with developmental disabilities living in the Quinte Area.

Four representatives from FOCUS spent three days in the organization, meeting and interviewing over twenty representatives from the organization, as well as people that use the services, members of their family and community members. In addition, the team visited eight places where services are provided.

FOCUS identified many strengths at Community Living Quinte West, including:

- Playing an important and active role in the local community
- Creating a workplace with strong health and safety practices
- Supporting caring and committed employees.
- Being responsive to feedback and creating a culture of learning and having a commitment to continuously improving.

embodying a culture of innovation and entrepreneurship supporting opportunities for people with intellectual disabilities

Starr Olsen, Executive Director for Community Living Quinte West, commented that “Moving through the accreditation process with FOCUS Accreditation has been a wonderful learning experience. We received exceptional support from the FOCUS Accreditation team. This process has helped us define more clearly how we can help those we support to achieve their goals and enrich their lives. Our Accreditation Team (The A Team) under the leadership of Darlene Dale, Director for Professional Development, Innovation and Accreditation, kept us on our toes and moving forward. We are so pleased to be accredited with Focus Accreditation.”

Michelle Earle, the Board Chair, was most enthusiastic about the process. She said “Accreditation gives us an assurance that we will continue to improve in the quality of services we provide and that parents and families can have confidence in the work we do. “

Accreditation is not mandated for Community Living Quinte West – the organization elected to complete this rigorous evaluation. Accreditation provides an assurance to both the organization and the community that services are high quality.

“FOCUS wishes to extend our congratulations to Community Living Quinte West. They have demonstrated that accreditation can be achieved by organizations that are large and small, rural and urban. Community Living Quinte West was very open to having FOCUS thoroughly review their services and receive feedback. Their results provide the community with an assurance that their services meet external standards,” states Jennifer Keilty, Executive Director of FOCUS Accreditation.

About Community Living Quinte West:

Community Living Quinte West is a non-profit charity governed by a Board of Directors. Community Living West has been in the Quinte West Community for 54 years providing support for people with an intellectual disability and mental health problems. The organization was founded 1959 by local parents wanting better support for their children with an intellectual disability. Over the years the organization has grown from a preschool program to providing Residential options, education and employment options, and avocational options for youth and adults. As

As people with intellectual disabilities gained the right to live, work, and play in their communities with full citizenship our programs have evolved to meet these new challenges. Our Residential Program offers individuals the opportunity to live independently at home or on their own, in a Family Home setting, or in a Group Home setting, with supports based on the individual's needs. Our Transitional Aged Youth Program Co-ordinator works in the local high schools with youth with intellectual disabilities helping them to develop life plans that will ease their integration into adult life and their community. Our Joan Scott Developmental Centre on Canal Street is home to our Compass program, an education based program designed to increase participants knowledge of the natural world, the arts, science and geography and life skills. We have also partnered with many local service clubs and organizations to advocate on behalf of people with intellectual disabilities.

Over the years the agency has taken every opportunity to participate in community activities such as Air Force Days, Bathtub Days, the Irish Scottish Festival, July 1st celebrations, Barks by the Bay, the Law Enforcement Torch Run, and the Santa Clause Parade. We have collaborated with the VON on the Community Kitchens Project that helped young people to learn how to cook good nutritious meals. We participate on numerous committees both provincial and regional including the Accessibility Committee for Quinte West, Inclusive Post Secondary Education Committee (IPSE), The Chamber of Commerce, Special Education Advisory Committee for the Hastings-Prince Edward District School Board, and others. We participated in research studies through Community University Research Alliance (CURA) through Queen's University and the Provincial Human Resources Strategy for Developmental Services.

In partnership with four other agencies and the Central East YMCA of Quinte West and Belleville, CLQW has developed the Health Energy Learning Motivation thru Sports (HELMS) Program for people with intellectual disabilities which promotes healthy living through participation in sports. The program provides wide access to community sports and healthy living activities that improve the biological, psychological, social aspects of people's lives. CLQW is also a Training Partner with The Canadian Red Cross offering First Aid and CPR training to the public. CLQW is partnering with four other agencies and Queen's University School of Social Policy to do a research paper for the Law Commission of Ontario on Supported Decision Making for People with Intellectual Disabilities. CLQW has recently taken over the management of Community Greenhouse and Gardens.

Our Mission Statement is

"Community Living Quinte West 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."

Although we are a small agency, Community Living Quinte West believes we can achieve our goals through partnerships and collaboration with other community agencies.

Contact: Starr Olsen, Executive Director 613-394-2222

About FOCUS Accreditation:

FOCUS is a non-profit accreditation agency that works with community services organizations. Created in Ontario, Canada, by the very people who use and work in these services, FOCUS reflects the culture and expectations of community service organizations in Ontario. **FOCUS' head office is located in Belleville, Ontario.**

FOCUS has standards that look at both the quality of the services being provided to the people who use the services, as well as the effectiveness of how the organization operates. FOCUS sends out peers and experts from the community service sector to evaluate how an organization meets standards. An organization that meets FOCUS' standards can be viewed as an organization that focuses on the people it serves, and on high quality service delivery.

Contact: Jennifer Keilty, Executive Director
FOCUS Accreditation: 1-613-966-8088 x 1

We will be celebrating our great achievement on June 13, 2013
at The Joan Scott Developmental Centre
11 Canal Street, Trenton
More details will be announced closer to the date.

Flea and Tick Season Is Here...Are You Ready?

Prevention is the key word to remember when it comes time to treating your pet for fleas and ticks this summer. Although it may just seem like a nuisance pest both to you and your animal, ticks are actually capable of causing severe health problems left untreated. Skin disorders and infections and anemia are just some of the problems animals can suffer that are attributable to ticks.

Ticks are small spider like acaroids and fleas are insects, but both of these two tiny creatures have one thing in common they are both members of the parasites family that feed on your animal's blood and can cause serious health problems.

Here is some basic knowledge about fleas.....



Adult fleas are wingless insects that are in size smaller than a crumb off of your sandwich and they feed off of your animal's blood. Don't let their size fool you. Although they are quite small they have enlarged back legs that give them an uncanny jumping ability, which helps them to not only jump from pet to pet but they can jump onto people as well. Now once they've landed on to your pet their needle like mouth bites through the skin to suck up your pet's blood. Not only are they biting your animal but they will ensure other fleas will too!

mate! A female flea will lay around 30-50 eggs per day; these eggs will drop to the ground within a few hours and days later the flea larvae will hatch inside your house in a nice dark place which will mostly be in your carpets and upholstery. Now fast forward your baby fleas a week of feeding on adult flea droppings, flakes of skin, and the larvae then becomes pupae. They will remain in this stage for about a week. They then will develop into adult fleas and emerge from their safe cocoon. When they sense a cat or a dog is near off they hop to the new host. Just when you think you are safe that lovely cycle will begin all over again!

To gross you out further here is some basic knowledge about ticks.....

Ticks are hardy little wingless creatures that live just on one thingthe blood of animals.

Vampires of the tiny variety! They come heavily equipped with an apparatus called Haller's organ which helps them sense heat and carbon dioxide. These two things help them in locating the presence of an animal. Once they find a source or host, they crawl on and immediately dive in for their supper proceeding to suck up the host animal's blood.



Now a tick will just not fall off of your animal once they have had their fill, they will hang on for a feast. If you find a tick on your animal it is best to take it to an experienced groomer or a veterinarian, as you have to be extremely careful that when you are removing the tick that you remove all of it. A tick borrows in head-first and if

you try removing it and only are able to grasp the body then say goodbye to the tick as he will then disappear into your pet.

Now that I have made you all super itchy thinking of these creepy crawlers, remember as I stated earlier... prevention is your best bet; stop it all before it even begins. Check with your Veterinarian to see which flea & tick program best suits your pet's needs. Happy Summer! We look forward to seeing you for your summer grooming needs.

Nicole Johnson
Associate Supervisor

Paws Active Doggie Daycare 

Nicole Johnson,
Associate Supervisor

11 Canal Street,
Trenton, Ontario K8V 4K3

Daycare Hours: 8:00 a.m. – 5:30 p.m.
Grooming Hours: 8:00 am – 3:30pm

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Random Acts of Kindness

Individuals from the Compass Program participated in the Random Acts of Kindness for Trenton again this year. They gave out small gifts to children, adults, and businesses in our community.

People were so thankful after they received a gift from a stranger, who hoped that they have a great day. People received certificates, stuffed animals, food, drinks and items that were donated to the Random Acts of Kindness Committee. Thank you to Cathy Suijker who sits on this committee, going to the meetings with the area Random Acts of Kindness Committee and obtaining the donated supplies to make the event a success.



Above is Kevin Gould taking in a gift bag to the Scotia Bank for all of the employees to share.



Here Kevin is presenting Quinte West Public Works employees with a Tim's Horton's gift card.

Elvis Tribute

On March 6th, the participants of Compass went to a live show in Belleville with an Elvis impersonator. The show was a great hit. Many thanks to Mike Vadja and his staff at QVSS for organizing this event and inviting us to participate.



Mike Cotterill is shown enjoying the concert!

Networking, Workshops and More

The OASIS (Ontario Agencies Supporting Individuals with Special Needs) "Putting our Best Foot Forward" Conference held in Ottawa May 8-10/13 was well attended. The Golf tournament starting off the 3 day event was a good representation of the various agencies across Ontario that were participating in the meeting. Michelle Earle, President from CLQW was teamed with Cathy Timlin of Community Living West Northumberland, Kerry Carnevale of Almaguin Highlands Community Living and Adam Hughes from Tredd Insurance. A fabulous time was had by all. We had beautiful weather, we were on a challenging course but TEAM effort brought us to a very successful conclusion - we won the tournament.



Michelle with her golf prize.

The tournament was followed by some great networking, workshops, meals and some amazing entertainment that completely WOW'ed the audience. The CLQW group learned a lot, met some old friends and made some new. It was a very worth while experience.

Mark Your Calendars!

The 54th Annual General Meeting for Community Living Quinte West is scheduled for Tuesday, September 17, 2013 at Timber Ridge Golf Course. The evening will start at 5:00 p.m. Guest speaker is Jennifer Keilty from Focus Accreditation.

Tomatoes, Carrots, Radishes, Lettuce....

.... Come Join Us at the Community Gardens

In April Community Living Quinte West took over the management of the Quinte West Community Greenhouse and Gardens. With over forty-two raised beds and a large greenhouse, the gardens produce approximately 6,000 pounds of fresh produce for many agencies in this area. Food is distributed to the soup kitchen, the Food Bank, Meals on Wheels, and many others. The gardens put food into the hands of many who might not be able to afford it. Staff and volunteers have been

working on cleaning the beds, roto-tilling, setting up the irrigation system and planting seeds for bedding plants such as tomatoes and squash which will go outside when the weather is a bit more predictable.

Later in May The Rotary Club will be providing volunteers to help with some of the planting. Approximately 30 young people involved in The Rotary Leadership Program will spend time planting and helping with maintenance.

Also in May, Catherine Church, a senior consultant with The Lufa Greenhouse Project in Montreal will visit the community gardens to provide CLQW with some assistance on the management of the project.

This is a wonderful opportunity for CLQW to give back to the community; a great way for us to say "Thank You" for all the support we receive from this community.

This is a wonderful opportunity for CLQW to give back to the community

We would like to thank Simon and Hazel Berthiaume, who have managed the gardens for the last few years, for their assistance and guidance through this transition period.

*Starr Olsen
Executive Director*

Organizational Study

In January of this year the Board of Community Living Quinte West asked that a study be undertaken to determine the level of satisfaction with the services being provided by CLQW. The results of the survey were to be used in the Board's annual review of the agency's strategic priorities. The Board approved the research methods and questionnaires to be used. In March, 2013 CLQW conducted an organizational satisfaction survey using an on-line survey, telephone and face-to-face interviews. Participants completing the survey included families receiving service, management and front line staff, people supported by the agency and community partners. A total of 43 people responded.

The results showed the following:

The majority of people surveyed or 76.7% felt CLQW was implementing our Mission Statement.

Sixty-two percent felt CLQW was collaborative while 22.2 percent did not know and 9% felt we were not collaborative. A little over half, 53.5% of respondents reported we promoted inclusive communities while 22.2 percent did not know and 9% said we did not promote inclusive communities

Seventy-six percent thought the agency was innovative and forward thinking.

Suggestions for improvement were overwhelming for more funding and more staffing. Other suggestions were more outings for Compass, longer trips for individuals, an emailed schedule of events for Compass, more volunteers to work with individuals and more work on computers for people supported.

The Board will consider the survey results as they review the strategic priorities for CLQW.

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APRIL 16 TO JUNE 16, 2012



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