

BRIDGES

VIEW from the CHAIR

The Social Services sector has had almost a decade of funding cuts. These cuts have left thousands of people who rely on the sector scrambling to make ends meet. This lack of funding has left an overburdened sector trying to do much more with continuously less. Agencies have been forced to look beyond the government to the private and corporate world for assistance. Seeking donations and fund raising are the order of the day for every agency.

With the difficult economic time these foundations and private funders are finding it difficult to keep up to the requests for more funding. The need for services in the developmental sector and other sectors as well continues to grow, waiting lists continue to expand and the wait gets longer. The whole system seems pretty much stretched to the max,

with reduction in services,

lay-offs and program cancellations. Staff are asked to do more and to receive less. And yet the directive for new “transformation” initiatives gets longer and more demanding.

The question becomes how do we continue to provide the support and services that is needed in the developmental sector and maintain the standards in which we believe? We ask for volunteers! We ask for donations! We continuously apply for extra funding from non-government agencies that offer grants! We beg and borrow whatever we can! We constantly go back to all those wonderful people who have answered our call in the past, and we ask for more! They usually give; they try to help but their capacity to help is dwindling. According to Ipsos Reid 2011 and Stats Canada 2011 reports

Canadian donations have dropped, not only in number but also in dollar amount. Canadian volunteer hours have dropped significantly as well. Difficult



economic times, unemployment and volunteer fatigue are all factors in non-profit agencies increasing problems is finding help for a system in crisis. When people are concerned about their own economic well-being, how can they be expected to find time to volunteer. But many still do because the act of volunteering gives back to the volunteer. When a person can step outside their own concerns and worries and feel as if they have made a contribution to another’s life, then the world is not so dark.

Why is it important to give?

Recently I had a lady say to me, “I would like to volunteer, but I don’t know how to go about it”. My reply to her was pick an agency, a group or a place that interests you or where you think you may be able to help. Pick a spot, walk in and start a conversation. You will be most welcome! Because every group, agency or facility, from agencies like ours to hospitals to schools, is looking for help. They may have a mandatory screening process, but don’t be intimidated by that. Persevere and pretty soon you will have achieved your goal of becoming a volunteer.

Reach out to the charity of your choice. We need you more than ever. We need volunteers to sit as Board Members; we need volunteers to help us fund raise; we need volunteers to help in our day program; we need you to help us make a difference in people’s lives.

*Michelle Earle
Board Chair*



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Compass News

Dance the Night Away

On March 16th to tunes from the 50's, 60's and 70's, approximately 85 people danced to songs like "Run Around Sue" and "Rock Around the Clock". The live band "The Reasons" performed songs familiar to all and the band was joined for some numbers by Board member Peter O'Connell playing his harmonica and a member of the audience joining in for the drum solo for "Wipe Out". The dance raised a \$1039 for the Compass Program and the money will be used for educational field trips for the participants in that program. Trips will include day trips to museums, train rides, cottage over-nights and many other exciting options.

Board Member Peter O'Connell playing his harmonica and singing along with the band "The Reasons"

Many thanks to the following people for donating prizes and their time to the event success - Susan Holmes, Starr Olsen, Lorrie Arsenault, Toni Kirby, Andrew Hutchison, Allen Dale, Debbie Santora, Sherry Hiscock, Shannon Lucas, Sarah Sharkey, and George Gould. Thank you to all the staff, supported individuals, families, friends and the Board of Directors for selling and buying tickets and advertising by putting up posters.

*Darlene Dale, Director
Professional Development,
Innovation and Accreditation*



Maple Syrup in The Sugar Bush

Marshall, Susie and Walker at the Sandy Flats Sugar Bush in Warkworth.



Nine participants of The Compass Program participated in a day trip to Sandy Flats Sugar Bush on March 13th. We went on a sleigh ride, toured the facilities where they were making syrup, saw the trees that were tapped, ate pancakes and sausages and listened to some pretty great fiddling. What a great day, and those pancakes were deli-

Take Me Out to the Ball Game!!



Community Living Quinte West will be cheering, yelling and clapping as they help the Blue Jays win against the New York Mets in Toronto. A bus load of Jay's fans are planning to attend the May 19th Blue Jays Game against the New York Mets to celebrate **Community Living Day with the Blue Jays**. Tickets have already been purchased and assigned. If you wish to attend please call Darlene at 613-394-2302 to see if there are seats still available.

Cindy and Paul enjoying last year's game.





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Mark Your Calendars!
The 53rd Annual General Meeting for
Community Living Quinte West
is scheduled for
Thursday, September 18, 2012
at Timber Ridge Golf Course.
The evening will start at 5:30 p.m.

Honouring Those Who Give

Timber Ridge will once again be the venue for our Annual Volunteer Appreciation Night. This event is held each year so that Community Living Quinte West can honor all of our volunteers who have touched the lives of the people we support throughout the year.

Registration will be between 5:30 and 6:00 pm with a light snack available along with coffee and tea. There will be a cash bar available also. A roving photographer will be taking pictures which we will then post on our website for all to see.

mit their names to Susan Holmes, Volunteer Coordinator and a letter stating why you feel this person deserves the award and what they have contributed to CLQW over the past year.

The smallest act of kindness is worth more than the grandest intention. ~Oscar Wilde

Lou Rinaldi, former MPP for Northumberland-Quinte West, will be our guest speaker for the evening. Mark Tuesday, May 22nd, 2012 off on your calendar and join Lou and the rest of the Community Living Quinte West crowd in appreciation of our volunteers. Please RSVP to the main office your intent to attend.

This year we will be giving out the following wards:

Volunteer of the Year
Extra Mile Volunteer
Youth Volunteer
Exceptional Student

If there is anyone you think is deserving of any of these awards please sub-

If you would like to be part of the decorating committee or would like to help out in any way please do not hesitate to contact me, Susan Holmes, at 613-394-2222. We would be glad for your assistance.

*Susan Holmes
Manager of Operations and
Volunteer Co-Ordinator*

Health Energy Learning Motivation thru Sports

HELMS has had another great winter season. People enjoyed favorites like skiing and sit skiing but were also given the opportunity for new experiences. Dog sledding in South River, curling at the Quinte Curling Club in Belleville, winter camping in Algonquin Park, and ice fishing on Paudash Lake drew great raves of appreciation from those who chose to participate.



Kevin Gould ice fishing on Lake Paudash just west of Bancroft.

The warmer than usual winter weather interfered with plans to enjoy cross country skiing, snow-shoeing, and ice boating. These sports will be on the agenda for next year.

Summer is fast approaching and HELMS has a great line up of sports for participants to enjoy. Golf, baseball, sailing, lawn bowling, wilderness camping, park camping and horseback riding will be offered again this year. We are excited to be expanding the summer sports roster to include lake fishing, canoeing/ kayaking, track & field, rock climbing, and zip lining, white water rafting, and tennis.

As the main objective of HELMS is to introduce the participants to different sports to gain skills and proficiency, most sports have a skills level component attached to them. Once the participant has gained enough

competency and skills to participate outside of HELMS they move on to enjoy the sport on an individual basis as they choose.

The Steering Committee of HELMS is looking to use the rock climbing and zip lining sports to develop leadership skills in the participants.

Our summer is going to sizzle with activity!

One component of the HELMS project is research into how participation in community sports benefits people with intellectual disabilities. This past year two students from Queen's University did some preliminary research into this question. Their findings will be made public at the end of August.

*Toni Kirby,
HELMS Co-Ordinator*

Fundraising Report

How Sweet The Voices...

The Christmas Concert, featuring the "Oriana Singers" conducted by Markus Howard, held at the magnificent Bridge Street United Church, was a great success. The exalting music was just a sampling of what this awesome choir is extremely capable of doing and how they can enthrall their audience. The beautiful voices and the gentle ting-a-ling of the bells generated a feeling of wonderment. The Board of Directors would like to say "Thank you" to everyone who attended, the many sponsors and who provided their support, and especially to the many volunteers who helped make the evening a huge success. If you missed this concert, watch for a date for late November-early December, when CLQW hopes to host this very special event in 2012.

Thank you!

Time to Pull Out the Golf Clubs

Now that Spring is here, our focus shifts to the 5th Annual *Tee-Off for Inclusion* Golf Tournament on June 9, 2012 held at Timber Ridge Golf Course again this year.

Tee-Off for Inclusion Golf Tournament - June 9, 2012

Our Honourary Host will again be Kris Newbury of the NHL New York Rangers. Kris is very gracious to CLQW with his time. He not only hosts our events, but participates and brings groups of his friends to participate.

For the second year, we are pleased to have the Royal Bank of Canada as our major sponsor. The RBC is not only assisting financially but this year they will arrange for an Olympic athlete to come and address the participants. To have the RBC supporting this year's tournament and to have two high profile athletes attending will ensure an exciting

time. With the spectacular golfers who regularly attend this event should be a wonderful success and help raise many needed dollars for the people supported by CLQW.

If you would like to **SPONSOR** a hole or **REGISTER** to play, please contact the main office at 613-394-2222 or checkout our website at www.clqw.ca.

The Golf Ball Drop is back again this year and will take place on Sept. 18, 2012. Balls are \$5.00 each or 3 for \$10.00. Call Debbie Santoro at 613-392-1844 to get your balls. First prize is a golf ball set and second prize is two free registrations for our 2013 *Tee-off for Inclusion* golf classic. Good luck!

*Wally Earle, Co-Chair
Fundraising Committee*

BALLS on sale NOW!!!!

3rd Annual Golf Ball Drop

September 18, 2012

6:15 p.m. at Timber Ridge Golf Course

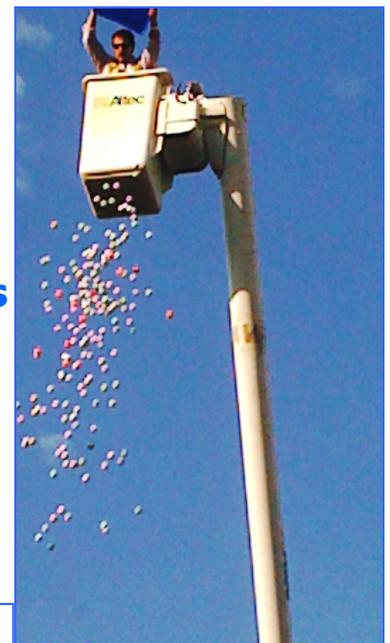
Balls: \$5.00 for 1 ball or \$10.00 for 3 balls

To buy call

Debbie Santoro at 613-392-1844

1st Prize: Golf Club Set

**2nd Prize: 2 Free Registrations to CLQW
2013 Golf Tournament**



John Klein dropping last year's balls.

Dental Care Tips for Your Pet

Dental care for our pets seems to be one of the few things that we as pet parents seem to forget. . With our minds racing with the day to day responsibilities of having a pet such as exercising, socialization, feeding, brushing, we tend to miss the number one problem seen by Veterinarians in dogs and cats. Nearly 75% of the animals examined have Gum Disease, Dental Calculus, and often abscesses, loose and missing teeth!

Now you may be wondering, how can you tell if your animal has a dental problem? It is very easy. Just lift the lip and have a peek and a good sniff. If your pet has horrible breath this is one of the early indicators that bacteria are being harbored in their mouth. It takes very little build up of dental calculus for the breath to start smelling foul. The Calculus on your pet's teeth is also very easy to see. Normal teeth are shiny and white all the way up to the gum line. If you see yellow or brown deposits, especially near the gum line, there is a problem.

As a dog or cat chews their food the calculus is rubbed off the tips of the teeth, but since the cone-shape of the tooth breaks down the food that they are chewing the

abrasive action never reaches their gum line. This encourages calculus and bacterial toxins to build up and damage the gums. Make brushing your animals teeth a part of their daily routine. It is very simple and a good way to help you save money in the long run as you won't have to pay for dental work.



Brushing the teeth..... Start out with a pet toothbrush that you can find at any pet store and several pet toothpastes to find the one that your pet likes the taste of, as they come in many varieties:

chicken, beef, malt, or mint, give them a little taste on your finger and see what their reaction is, if they like the taste it will make it that much easier when it comes time for the brushing. It is important to start off brushing their teeth a few at a time then stop and give a treat and lots of praise to make sure that this will be a good experience for them. The next day try brushing a few more teeth. Don't try to do their whole mouth right away. The key is to be patient. Eventually your pet will let you get farther back to the molars; don't worry about the tongue or the side of the teeth as Calculus rarely collects there.

If you follow these few simple steps you will be able to brush your pet's teeth and have them enjoy it in no time!

*Nicole Johnson
Assistant Supervisor, PADD*



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Paws Active Doggie Daycare

Nicole Johnson, Associate Supervisor

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

Owned & operated by  Bridges to Inclusion

Reaction: 4 Inclusion 2012

Our youth are amazing! Attending the Re: Action 4 Inclusion Conference held March 2-4 in Orillia I was, once again, impressed with the devotion and dedication of our youth who are striving to help build inclusive schools and communities all across Ontario. Youth from diverse backgrounds attended but they all had the same purpose and goal in mind, an inclusive and welcoming school system for all students. This common purpose led to a truly spectacular weekend. There is something awe inspiring about a passionate group of young people coming together with the same goal in mind. After all, the youth of today are the leaders of tomorrow.

Watching friendships and bonds being formed over the course of the weekend was inspiring. No matter where a person came from or what abilities they had, everyone was treated as equals with opinions that mattered and were valued, as though they had some-

thing worthwhile to contribute to the event.

Participants generated many great ideas to help build inclusive schools and communities. We also heard about ideas which had been developed last year and have now become reality. One young woman who had attended the conference last year,

It was inspiring to see the youth come together.

left with the idea to create workshops on inclusivity and acceptance that could be presented at neighbouring schools. She went on to make that idea a reality with great success.

It is youth like that young lady that will make our schools, communities, and even the world a place where you can be proud to say you are part of the human race. For it is the human race that has the capacity to love, accept, embrace, and even celebrate our differences. Jennifer Hollet, one of the keynote speakers, spoke

about companies hiring youth to report on the on the latest trends in fashion, “what’s hot and what’s not”, and then the company uses those ideas to sell fashion to the general population. If youth are setting the trends in one area, perhaps we can hope that our youth will be challenging and demonstrating that celebrating our differences is the new, great trend.

All it takes is for one person to stand up and say “I accept you for who you are”. People with varying abilities, whether it be an intellectual, learning, or physical disability, all have the same goal and wish in mind - to be accepted, loved, and valued for who they are and what they have to offer this great world of ours.

*Connie McLean,
Co-Ordinator,
Transitional Aged Youth*



Brainstorming at the blackboard

CLQW MISSION STATEMENT

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.

CLQW VISION STATEMENT

Community Living Quinte West is a non-profit organization supporting individuals with an intellectual disability in their efforts to participate in their community.

CLQW is committed to:

- a person’s right to make real, self-defined choices;
- the provision of supports and resources allowing every person to exercise their rights, privileges, and obligations as full community members;
- enhancement of the emotional, social, educational, vocational and spiritual well being of each individual.

Recognizing the fundamental rights and unique potential of all, CLQW advocates for inclusion of each individual with intellectual disabilities to all aspects of community life.

Giving a Gift

Do you have the gift of time that you would be willing to share?

Community Living Quinte West supports people with intellectual disabilities. Some of the people we support do not have family who can spend time with them and take them on outings so that they can enjoy life in their community. We are seeking people who want to help create fun and friendship. The people we support need you.....

So they can become more part of their community

So they can learn about and participate more in activities in which they are interested

So they can have a person to talk with

So they can share a coffee and their day

So they can go on a drive through the countryside for an hour or so

So they can shop with a friend

When we give the gift of time we enrich our community, we enrich ourselves by our experiences, and we enrich the lives of those who receive this gift. Please consider the following opportunities.

Coffee at Tim Horton's

Would you be willing to take an hour a couple of times per month to have a cup of coffee with a person supported by our agency? You would pick-up the individual at their place of residence and return them when you have finished. You would arrange a time convenient to you and the person with whom you would be having coffee.

Antique Car Shows and Car Rallies

We have a person supported by this agency who would love to go to an antique car show or car rally. The date and time would be at your discretion. Cars show and rallies are held all over the Quinte area. You would make someone very happy if they could have the opportunity to share their considerable knowledge of cars with you.

Scrapbooking

If you love scrapbooking and helping others to learn the art, then we have several women supported by Community Living Quinte West who are very eager to learn. The sessions are on the first Tuesday of the month at 4:00 p.m. at 11 Canal Street. Please let us know if you can attend and are willing to share your knowledge of scrapbooking.

Going for a Drive

Explore the roads of Quinte West and Prince Edward County. We have several people supported by this agency who would like to take a drive. If you could be available one or twice a month to take a short drive to some of the scenic areas in this part of the province, perhaps stopping an ice cream, you would give a very valuable gift to those who can't drive but still love to explore.

Joining Seniors Club 105

We have a senior gentleman who would like to join Seniors Club 105 but he needs someone to go with him to the activities. If you have the time, are a senior, would like the fellowship of others while at the same time giving companionship to this gentleman, this may be the opportunity for you.

Bingo Support

We are in need of several people to help staff our Bingo schedule. Bingo provides funds that allow this agency to help people we support be more active in many types of sports that lead to healthier lives. Bingo is held on one Tuesday and one Thursday each month. We would be so pleased if you could help us with even one of these days in the month. We will train you in the procedure and we always have a staff member present. Please let us know if you can help in this way. Bingo is held at the Lion's Bingo Hall in Belleville.

**For more information on these and other opportunities please call
Susan Holmes, Volunteer Coordinator at 613-394-2222**



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www.clqw.ca

CLQW is committed to



CHOICE



RESPECT



INCLUSION

Become a Friend of Inclusion

Become a Friend of Inclusion through membership, monetary donation and/or volunteering. Your support will assist people with intellectual disabilities to access their community as full citizens.

Membership includes a yearly subscription to our newsletter, the right to become a Board member, help shape the future of CLQW, voting rights at the Annual General Meeting, and assisting with committee work. Memberships must be renewed before August 31st to be able to exercise the right to vote. Membership is open to anyone who believes in the mission of Community Living Quinte West to promote inclusion and who doesn't work for an agency involved in similar work.

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

Volunteers are always welcome. If you have some time to share and would like to volunteer please call the main office at 613-394-2222 for more information or visit our website at www.clqw.ca.

Please detach this form or copy and return with remittance to the address above.

Name: _____

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New Membership - fee \$10.00 _____ Membership Renewal - fee \$10.00

Donation - _____ In /honour/memory of _____

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

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

Thank you for supporting Community Living Quinte West. Receipts for income purposes will be issued for donations.

Charitable Registration #: 0372177-11