

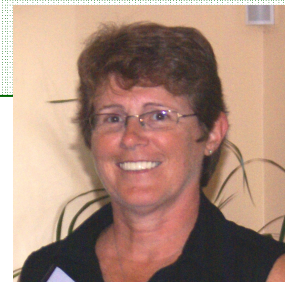
BRIDGES

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Editor: Starr Olsen
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Steve Cole

View from the Chair



A place to live is one of the most important things a person can have....a place of their own. Community Living Quinte West is beginning the process of determining how they can assist families in developing the type of home they want for their family members. Recently at the Leadership Retreat, senior staff heard from Susan Treverton, Executive Director of Community Living Prince Edward. Susan and her team have been working for almost two years with their Family Engagement Network to develop plans for new housing. In addition to CLPE's experiences in developing a housing model, staff also heard about housing projects from the Elmira area and Peterborough.

This is a major initiative and will require coordination among all parts of the agency. Over the next few months we will be contacting families to invite them to form a Family Engagement Network. We will also be making contact with other organizations in this area who may be able to help CLQW move ahead with the planning involved in a housing project.

In order to move forward with developing our strategic priorities for developing alternative, affordable housing for people with intellectual disabilities and for increasing the financial capacity of CLQW a Foundation has been established to focus on fundraising. The Community Living Quinte Foundation will host/sponsor events to raise funds which can then be used to meet the needs of the agency in fulfilling its mandate.

Through support from the Board and The Community Living Quinte Foundation this agency will work to help people in this area find affordable housing. We may be asking all of you who read our newsletter, **Bridges**, for help in raising funds for this project.

As this is the last **Bridges** before Christmas, on behalf of the Board of Directors I would like to wish everyone a safe and enjoyable holiday season.

Michelle Earle
CLQW Board Chair






Dates To Remember

Residential Christmas Open Houses

-  Fraserglen Christmas Open House is December 15th
-  Bentinck Christmas Open House is December 16th
-  Lafferty Christmas Open House is December 17th

Program Holiday Hours

-  Fraserglen closes Dec. 24th at 4:00 pm and re-opens on Dec. 26 at 4:00 pm
-  Compass closes Dec. 23 at 3:30 pm and re-opens Dec. 28 at 8:00 am
-  The Main Office closes Dec. 22 at 4:00 pm and re-opens Jan. 04 at 8:00 am



'At The Heart Of The Matter' - A Success Story



Chelsey Miller is a 22 year old woman living with epilepsy but she is much more. Chelsey was one of the keynote speakers at the Annual General Meeting for Community Living Quinte West. Chelsey explains in her speech how her life has changed since she received Passport Funding and how her life has been enriched by the opportunities she has had and by the people in her life who have helped her achieve so many of her goals. The following are excerpts from that speech.

"I was introduced to Community Living Quinte West. This was where I first learned about Passport Funding. Since I have been receiving passport funding my life has changed for the better. I have had an opportunity to participate in some many more things. I've also been to Ripley's Aquarium, Medieval Times and a Blue Jays Game, all in Toronto and I've attended an Elvis Presley concert and a Shania Twain concert.

I have five amazing workers, Connie,

Kim, Joey, Kendra and Danita whom I consider to be a huge part of my life. Two other very important people in my life are my mom and my stepfather and I love them very much.

I have also experienced new things that I have never done before, like going on the buses to the Musical's, Ripley's, Medieval Times and the Jays game. I love going on those buses now and we I used the train to get to the Shania Twain concert in October.

Other things I have experienced for the first time are volunteering at the



Library where I was responsible for the prep work for crafts, the inventory of Library books and organizing them. I have tried horseback riding which I didn't really enjoy, guitar lessons and Zumba. I am planning to take a jewelry making class and a craft class in October. I'm on a Special Olympics bowling league now, in Martial Arts and going to Rally One dances every other week. I have made a lot of friends going to all these events.

I will be moving soon and getting a job. I feel as though I'm a lucky young lady to have a life like this. I would like to send a huge thank you to Connie, Kim, Kendra, Joey and Danita and my Mom. She is my hero and best friend.

In closing, my advice is to not be afraid to try new things and meet new people. It just might change your life."
Chelsey Miller

Chelsey Miller celebrating her birthday.



New Training Pilot Project for 'Controlled Acts'



Community Living Quinte West is pleased to report the acceptance into the Controlled Acts Training Pilot Project through the Ottawa Rotary Home and funded by the Developmental Investment Training and Equipment Dollars (MCSS) through the Community Services Planning Table of Ottawa. This pilot is also supported by the Community Nurse Advisory Committee located in Ottawa."

"The goal of this pilot is to evaluate the effectiveness and sustainability of on-line training for controlled acts and to promote standardization in our practices surrounding controlled acts and how we meet legislative and compliance requirements."

The Community Support Training Solutions is a division of the Ottawa Rotary Home which has been identified as a leader in the "field of supports and services for individuals with complex medical needs and in controlled acts training in the Developmental Services Sector."

With the expertise of the Ottawa Rotary Home in Controlled Acts and their experience with the Ministry's Compliance inspectors, we are very pleased to receive their input and assistance with developing a complete controlled acts program.

The program has helped to guide, assist and develop a sustainable program which will enable CLQW to meet MCSS

and Regulated Health Care Professionals Act Regulations. CLQW has established new policies, procedure and practice requirements, established a management monitoring program to determine employee competency in administering controlled acts and thorough documentation and training programs for our front line employees.

CLQW has been working through this very lengthy process since January of this year. We continue to receive guidance and support from the nursing staff assigned to our agency as we work through the training cycles of this project.

*Lorrie Arsenault
Director of Programming
and Community Involvement*

Old Man Winter Is On His Way: 'Winterizing Your Pet'

Old Man Winter is on his way and we need to begin thinking about keeping our animal friends safe in the months to come. Here are some ideas to keep your pets safe, healthy and happy during the upcoming chilly weather.



Brrrrrr!! It's Cold Out There!

Believe it or not your dog or cat can get frostbite when left outside in 32 degrees Fahrenheit (about zero degree Celsius) or colder. You should use your best judgment on how cold is too cold for your dog. If you have a puppy, take them out only when necessary. Puppies cannot tolerate the cold as well as adult dogs. If you do have dogs that must stay outside, please make sure they have shelter, and if at all possible have their shelter elevated off the ground and straw to hold in the heat.

In Winter, water can freeze quickly. Check to be sure your canine family friends have fresh water at all times. Using metal bowls will freeze the water much quicker. Also, outside dogs require more calories to help them keep warm. As winter weather approaches your pet's undercoat thickens. It is essential that your pet's undercoat be free of mats; a mat-free coat will help with circulation so your dog friends can keep warm. An undercoat free of mats helps distribute essential oils throughout their coat.

A Stroll in the Snow

When you take your pet for a walk, salt on the sidewalk can irritate your dog's paws. You may have tried little booties, but they never stay on. How many times have you tried one more time to get those dog boots to stay on! Another option to protect your dog's paws is to apply Vaseline to the bottoms of the pads. If you do not have Vaseline, cooking spray will work as well. When you return home remember to check your dog's paws for snow/ice build up, particularly between the pads. Any snow or ice that is left on their paws can

cause frostbite. If you notice your dog licking their paws, this may be a sign that ice has built up between their toes. Also, dogs licking off salt from their paws can cause serious health complications. Washing your dog's paws in some warm water to be sure any salt is gone is a good idea.

When walking your pet and you are not in an enclosed area like a dog park, having your pet leashed is a good idea. With snow on the ground dogs and cats can lose their way home. Also, cats will look for warm places and one common place is the warm engine of a vehicle. Before you start your car in the morning, slap the hood of your car to ensure no pet has made your warm engine a sleeping place. We all remember not to leave our pets in a hot car in the summer but leaving a dog in a car in winter can be just as dangerous. In winter cars can become like a chest freezer and dogs can suffer from hypothermia.

Poisons in Disguise

Dogs are curious and will investigate pretty much anything that strikes their fancy. So their investigations may lead them into trouble. Following is a list of fall and winter dangers to watch for.

Anticoagulant rodent baits contain anti-coagulant compounds that interfere with a rat's ability to clot its own blood. If your dog is sniffing around exploring unused spaces, he may find some rodent bait that could cause blood clotting problems and if eaten in large enough quantities could result in massive hemorrhage.

Oak/acorns contain tannic acid which can damage the liver and kidneys and cause blockage to the intestines. A dog



shouldn't be allowed to eat them.

Christmas trees are lovely and we all enjoy having them in our homes but tinsel and decorations can cause intestinal blockages if eaten and your pet may get a nasty shock if they chew through the electrical cable for your Christmas lights. Holly, mistletoe and poinsettia are all toxic to dogs so keep them out of their reach.

Antifreeze is very dangerous. It tastes sweet and even small quantities can cause serious kidney damage and can be fatal. If you suspect your dog has gotten into antifreeze, contact the vet immediately. The longer the time between ingestion and help, increases the chance the dog will suffer kidney damage.

Rock salt is still used to deice roads. Salt is toxic to your dog and could be fatal. As little as 1/16th of a teaspoon per kg of body weight may cause a severe reaction.

Celebrating the holidays with our four-legged friends is a wonderful time. Hang their stockings to be sure Santa remembers to leave an extra play toy or dog treat just for them.



Paws Active will be participating in the Trenton Santa Claus parade on Sunday, November 28th. Come out and say "Hello".

The Daycare and Grooming will be closed during the holiday season from December 24th to January 04, 2016.

We would like to wish everyone a safe and fun-filled holiday season.

*Sam Olsen
Acting Associate Supervisor
and all of the staff at
Paws Active Doggie Daycare,
Cory Allen, Brian Hunter, Colin Marshall*

Past, Present, and Future Challenges for the DS Sector

The following text is from a presentation Brendon Pooran gave at the 56th Annual General Meeting, this past Sept. 16th. Brendon D. Pooran is the founding lawyer at PooranLaw Professional Corporation. He is involved in all areas of the firm's practice and provides advice to individuals, families, organizations and government in the areas of wills & estates planning; disability law; and corporate law for not-for-profit and charitable organizations. In addition to being a lawyer, Brendon teaches Critical Disability Law at York University, is the Past-President of Community Living York South and is a founding director of PLAN Toronto. He is also a lawyer member on the Ontario Consent and Capacity Board.

Forecasting the Future: Emerging Trends in Developmental Services

I would like to provide you with my thoughts about the future trends and forces that affect the provision of services and supports to individuals in our sector.

New legislation emerged in 2008 to govern the developmental services sector. This was in response to closing of our three last institutions in Ontario – Southwest Regional Centre in Chatham-Kent (2008), Rideau Regional Centre in Smith Falls (2008) and the Huronia Regional Centre in Orillia (2009). Many of you may be aware of the class action law suit that was launched against the government a few years ago by the former residents of Huronia. Although I am not suggesting that the legislation is perfect, its implementation does signal the end of a dark era when thousands of individuals were shipped off to these large congregated facilities which essentially isolated them from society. To give you an idea of the feat of this accomplishment, institutionalized care for people with a developmental disability peaked in Ontario around 1974. At

That time, the government operated 16 institutions, in which more than 8,000 people lived. It was the hard work of those in the community living movement that brought this exclusionary way of living to an end.

In 2008, the federal government of Canada implemented the Registered Disability Saving Plan (RDSP) – a long-term savings plan designed to facilitate future financial security for individuals in our sector. The introduction of the RDSP was one of the most beneficial programs that has ever been implemented for our community. It is based on progressive legislation and policy which allows individuals to leverage government contributions and growth in the financial services sector.

Through this plan, the government has committed to contributing up to \$90,000 over the course of a person's lifetime in addition to allowing for \$200,000 in personal contributions and tax-deferred growth.

This vehicle can single-handedly allow a person to live a lifestyle that allows them to exercise personal choice and preferences, that allows them to travel, attend sporting events and even own their own home. Our provincial government has done its part in passing regulations to ensure that the RDSP does not affect eligibility or payments related to benefits received by individuals from the Ontario Disability Support Program.

Finally, one of the most significant actions taken by our federal government with respect to the rights of persons with disabilities was the ratification of the United Nations Convention on the Rights of Persons with Disabilities on March 11, 2010. The UN Convention is a very progressive

international treaty that identifies how the rights of persons with disabilities have not been fully recognized and more importantly provides a framework that can be used to make these rights a reality. This treaty was the first international convention of the 21st century and encompasses 50 articles that cover all aspects of one's life. Its purpose is "**to promote, protect and ensure the full and equal enjoyment of all human rights and fundamental freedoms by all persons with disabilities, and to promote respect for their inherent dignity**". This means that of the laws and policies here in Canada affecting the disability community must be consistent with purpose and provisions of the Convention. As I am sure you are all well aware – we are not there yet and there is plenty of work to do.

It was important to identify some of these accomplishments. It provides context for a discussion of the challenges still being faced by our community.

First, our community is poor, social assistance rates are well below any low-income cut-offs, funding for services and supports to meet the needs of the community has not been a priority for any of our governments over the years and employment opportunities and supports are extremely limited. Many individuals are underfunded and others are languishing on waiting lists for day and residential supports and services.

Second, although there has appeared to be an ideological shift from institutional and isolated living to a life based on personal choice and autonomy, these ideals have not been effectively integrated in our new



for individuals in our sector are not yet viewed as a right – rather government views these as a privilege.

There is no right to appeal the outcome of assessments or funding allocations under the new act and the process envisioned to streamline the application and funding process not only takes away from the community-based approach to supports but it will also take years to implement. There are still key provisions of the Act that have not even come into force as of yet even though the legislation was introduced back in 2008.

Finally, one of most important issues faced by individuals with disabilities and their families today involves issues related to consent, capacity and decision-making. These issues affect everything from opening an RDSP and administering passport funding to the provision of consent to healthcare treatments.

Remember the UN Convention – well Article 12 states that:

1. Parties reaffirm that persons with disabilities have the right to recognition everywhere as persons before the law.

AND

2. Parties shall recognize that persons with disabilities enjoy legal capacity on an equal basis with others in all aspects of life.

This hasn't happened yet in Ontario, although significant strides have been made in other provinces. As a result

- it is difficult for individuals to receive the supports they may require to make important decisions in their lives;
- it limits the legal supports for which families can provide; and
- it makes it very difficult for organizations with a mandate to support individuals in our sector to effectively operate.

So, where do you we go from here?

What are a few key future trends and what do we do to address them?

The first trend that is really top of mind is that funding in this sector will continue to not be a priority. There is no indication that funds for services and supports or social assistance will significantly increase anytime in the near future. Therefore, both agencies and families have to be more creative with respect to the provision of services and supports. The good news is that with the influx of passport dollars, individuals do have a bit more flexibility in terms of directing their own their lives. We have seen families come together to pool their funds to facilitate day and residential supports. We have had agencies pool their resources for certain types of administrative operations including legal, IT, HR, etc. We have also been working with agencies to develop various types of social enterprise initiatives that benefit individuals with regards to employment and that creates additional revenue streams for organizations. The caveat with all of these arrangements, however, is that they must not impact the quality and level of service being provided to the individual.

Second, the centralization of application and funding services will continue in light of the Social Inclusion Act. As I mentioned earlier, the law in its current form does little to improve the lives of individuals in the sector. Key provisions of the act have not been called into force and there is no right of appeal granted to applicants. Unfortunately families and individuals seeking support and services must access them through these centralized entities. In addition to developing a good relationship with their local DSO, individuals and families should seek out fee-for-service offerings, novel employment opportunities and individualized options that promote community engagement.

supports in the sector has changed. For agencies, this means that they have to adapt with respect to the provision of services. In order to promote community access and engagement, new services offerings must be explored and developed. To address shortages in funding, creative options for developing new revenue streams must be explored.

Likewise, for families and individuals, perhaps a more proactive approach in the design and direction of your future must be undertaken. Utilizing individualized dollars, the RDSP, trusts and other resources will be essential in ensuring that people live a good life based on their own choices as well as promoting future financial security. We can see through strong advocacy efforts that the community has made progress. As discussed earlier, institutions have been closed, RDSPs have been introduced and Canada has ratified the UN Convention.

There are, however, still significant barriers being faced by an aging community in the form of a funding crisis, weak legislation and the refusal to implement legislative frameworks that allow individuals with intellectual disabilities to enjoy legal capacity on an equal basis with respect to directing their own lives.

I therefore encourage you to celebrate and embrace our accomplishments; in light of the future trends we discussed, to adapt your ways of planning and structuring supports; but most importantly, to continue to advocate for the people you support and for the people you love so that the shortcomings in our laws and policies are amended to address the barriers that remain in the way of achieving full and meaningful lives that are on par with the rest of society.

*Brendon D. Pooran, LLB
PooranLaw Professional
Corporation*





JOB DEVELOPMENT PROGRAM



ACCESSING CUSTOMIZED EMPLOYMENT

REAL WORK FOR REAL PAY

Providing Employment Opportunities: The ACE Program

Community Living Quinte West, Madoc Cope Corporation, and North Hastings Community Integration Association received a two year Ministry of Community and Social Services grant for employment. This employment initiative is called ACE – Accessing Customized Employment. ACE is based on a model developed in British Columbia that utilizes Person-Centred approaches to employment. ACE focuses on strengths and interests of people with intellectual disabilities, and helps them find real work for real pay.

The ACE program employs two Job Developers who will assist people in determining their strengths and interests in employment. Job Developers also meet with potential employers. Through the use of Job Coaches people with intellectual disabilities can also retain support while on the job. As skills are developed the Job Coach will have a less prominent role and eventually phase out, usually within 25 to 30

hours of being hired. There are many benefits for employers when they hire people who have an intellectual disability. People with intellectual disabilities make excellent employees with above average safe work performances, high performance levels, positive attitudes, reliability, good work ethics to name a few.

People with intellectual disabilities provide many benefits to employers as they provide diversity in the work place. For supported individuals the benefits are great as well. They receive real pay for the work they are doing (at least minimum wage), develop strengths and skills, self-determination, improved self esteem, and become a valuable contributor to the community. If you have any questions in regards to the program please feel free to contact Kali Meeks at

ace.kalimeeks@gmail.com or visit
www.ace-employment.ca

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



Meet Nichole Flynn. She is marketing herself as an Athlete, an Artist and an Activist. With the help of the Ace Program Nichole has begun actively selling her Wildlife Photography in many different locations. Ace helped Nichole on her journey to access funding in order to expand her business, Flynnsters Pictures. Nichole would like to use her artwork as a vehicle to promote issues that are important to her. She advocates for the presentation of wildlife habitats as well as, for the rights of people with disabilities.

Nichole is shown here holding a piece of her art work at The Tweed News, which is the first company to sign on to sell her product.

Ace has had success, not only when it comes to finding people employment but also helping people to start their own businesses.



Roy Bonisteel Tribute Garden



After a year and a half of planning, fundraising and hard work the Roy Bonisteel Tribute Garden was unveiled Saturday, November 7th.

The Garden is a beautiful tribute in memory of a great Canadian icon. The garden is situated in front of the Quinte West library and beside the new Trent Port Marina, right on the water.

Community Living Quinte West is proud to be associated with the Garden. The agency has supported the committee, Angela Smylie, Lesley Bonisteel and Pat Koets, in their efforts to raise the necessary funds to build this amazing tribute. Fundraising is ongoing.

In this picture, Angela and Lesley

are sitting with “Roy” in the garden. People are encouraged to come sit with Roy as well.



The bronze figure was crafted by Brett Davis of Newmarket.

*Andrew Hutchison,
Director of Finance*

Christmas Joy and Celebrations

Christmas lights, Christmas music, gingerbread houses, snow flakes and glittering decorations are just a few of the many things being planned for The Compass Program at CLQW. On Saturday, November 28th participants will start the season with watching the Santa Clause Parade and visiting the Festival of Lights in Frankford, and will then move on to the Santa Parade in Trenton on Sunday, November 29th. Learning Christmas music will begin in November when music teacher Elizabeth Heslinga brings her musical skills to Compass and the participants learn drumming, Christmas carols and, new this year, how to play the bells. Practices will take place on December 11th and 18th.

Christmas wouldn't be Christmas without baking, and the fantastic aromas and sweet smells of cookies, crisps and squares that will come from the Compass kitchen will have all of our mouths

Crafts are also a part of our celebration and each participant will be making Christmas cards to take home to their families. Christmas tree decorations to take home to put on family trees are on the agenda and Christmas wreaths are also in the works.

Decorating the building officially begins on December 1st. Every year we have had a door decorating contest and the competition has become very fierce. The theme this year is a 'Winter Wonderland' and the judging will take place on December 23rd during our annual Compass Christmas Party .

Our party celebrations start in the morning as we will travel to the Centre Theatre to watch the new Alvin and the Chipmunks movie. We will be the first in Trenton to view the movie. A potluck luncheon will follow at Compass. Participants, their families, staff and the Board of Directors are all invited.

And as if this isn't enough, many of the Compass participants will be involved in the Ebenezer Christian Reform Church Friendship Circle Christmas Pageant. Add to all of this Christmas shopping for friends and family and Compass participants will not have much room to fit in many other activities

Many of our supported individuals, including SIL residents, will be going home for Christmas but for those who are staying, a welcoming Christmas dinner will be served at Lafferty House.

Compass is open the week between Christmas and New Years and the theme will be HOCKEY! We will watch hockey that is happening at the local arenas, learn more about the players and in general cheer on our favourite teams.

Susan Holmes
Manager of Support Services



The HELMS program has had a very successful summer season. People enjoyed a variety of sports, such as baseball, lawn bowling, bocce ball, sailing, kayaking, canoeing, fishing, swimming, camping, horseback riding and trail riding.

Now that the cooler weather is here people are beginning to think about the winter sports that they would like to try. In most areas, darts has begun at local legions and dart clubs. Curling will happen before Christmas in some areas and start after the holidays in other areas. The start of the snow sports will depend on when the snow arrives.

In October Dawn Lee of CL Campbell-Ford/Brighton, Shaloma Batchelor of

North Hastings Community Integration Association, Starr Olsen, ED for CL Quinte West, and Toni Kirby, HELMS Program Coordinator, presented HELMS at the CL Ontario Annual Conference. The power point presentation highlighted the achievements of the HELMS Program over the last six years. The video highlighted participation in current summer sports. Both of these presentations are available to watch at www.helmsprograms.ca.

HELMS is not a funded program which means we have to fundraise to be able to provide the different sports opportunities. We will be asking for the support of our communities. HELMS will be selling tickets to a Family Day lottery draw, **Building Community thru Sports** from now until February 15, 2016, the date of the draw. The draw will take

place at the QW YMCA. The draw will feature three prizes worth between \$200 and \$250 each, one prize of a one year adult membership at the YMCA (Quinte West, Belleville, or Peterborough) and a grand prize of \$2000. The tickets are \$20 each and would make a nice Christmas gift. Each ticket will have five chances to win. If you would like a ticket please contact Connie or Toni at 613-394-2222.

The winner of the 50/50 raffle drawn on November 17th was Johanne Strome of Picton. Congratulations ,

Toni Kirby,
HELMS Program Coordinator



Holiday FUNDRAISER



community living
fundraising for
QUINTE WEST
Bridges to Inclusion



Live

Christmas Wreaths, Poinsettias & Tropical Planters

Wreath: \$25.00 10" Poinsettia or 10" Planter: \$25.00
Combo of Wreath + Poinsettia or Planter: \$45.00
Other Poinsettias Available:
4.5" - \$5.00 6" - \$8.00 8" - \$15.00

To place your order call **613-394-2222** or email: clquintefoundation@gmail.com

Last day to order Poinsettias is: **November 24th** Delivery starts: **December 04, 2015**
Wreath delivery starts: **November 30, 2015**



*Do you suffer from
Plantar Fasciitis?
Then call 613.391.8944*



Walk-n-Heal's Fascia Pain Relief Inserts

- Offers immediate all-day fascia pain relief.*
- Allows the fascia to actually heal.*
- The soft rubber absorbs shock and the design fits easily into your shoes.*

Made right in Brighton by Brighton Custom Rubber Manufacturing Ltd. 1 pair for C\$24.99 + Shipping & Handling & Taxes

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Let Your Voice Be Heard

- By becoming a Friend of Inclusion through membership, monetary donation and/or volunteering you help shape Community Living Quinte West. Your support goes a long way in helping CLQW fulfill its mission statement: CLQW 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 .
- Membership includes a yearly subscription to our newsletter, the right to become a Board member, voting rights at the Annual General Meeting, and assisting with committee work. Membership runs from January 1st to December 31st of each year.
- There are two levels of paid membership: Single at \$15.00 and Family at \$20.00. Each level has one vote at the AGM.
- 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 Lisa Flannigan at 613-394-2222 for more information or visit our website at www.clqw.ca.
- Board members are needed to help direct the agency through its strategic priorities. If this is something that interests you please call the main office at 613-394-2222 and speak to Starr.

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

Name: _____

Address: _____

Phone # (s): _____

E-mail: _____

Membership - Single \$15.00 _____ Family \$20.00 _____

Donation _____ In /honour/memory of _____

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

If yes, please provide the address. _____

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

Thank you for supporting Community Living Quinte West. 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. Page 8