

# BRIDGES

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## View from the Chair



*Michelle Earle  
Board President*

I am extremely pleased to welcome Andrei Talbot and Dan Koets to the CLQW Board of Directors. Andrei is a relatively new resident to this area and brings with him an extensive list of marketing skills. Dan is a long time resident of the Trenton area having operated a very successful business for many years in the Quinte West area. Dan is skilled at board governance and volunteers with a number of organizations in this area. The CLQW Board of Directors extends a warm welcome to both of these gentlemen and we look forward to working with them.

long time coming and we believe that it will alleviate some of the financial pressures from the families trying to get their loved ones out and about in the community. We also hope that this funding is expanded to include all those people on the long waiting lists. CLQW will assist anyone that received funding and requires a helping hand in the planning required for this funding. Families that are not sure what funding can be used for or need assistance, please call the CLQW office.

The Board ran our 7<sup>th</sup> Annual 'Tee-off for Inclusion Golf Tournament' June 14, 2014. A very good day with a lot of fun for those to attended. We raised approximately \$4,000 that will help the Compass program continue providing quality experiences for the people CLQW supports.

Another year draws to a close. The rush and excitement of the Christmas season is upon us. My wish for each and everyone is to enjoy this time of year to the fullest. Spend Lots of time with Family and Friends. Make lots of memories!

Currently we are selling Beautiful Live Christmas Wreaths and Gorgeous Poinsettias. This is the third year for the wreaths sales and the second for the poinsettias sales. By the time this newsletter hits the market, there may be a few wreaths left to purchase, so if you haven't gotten one yet, please contact the CLQW office. They are beautiful and they last a very long time when hung outside.

Merry Christmas and a Very Happy Healthy New Year!



Congratulations to the individuals and families who received Passport Funding from MCSS in September/October. Another round of Passport Funding is supposed to be rolled out in January. This funding has been a

## Ready, Willing and Able

Community Living Quinte West is a proud supporter and participant in the new **Ready, Willing and Able** initiative, administered by Community Living Ontario.

This province wide campaign will focus on increasing employment opportunities for persons with an intellectual disability. The **Ready, Willing and Able** program assists local community agencies to connect with potential employers who have expressed an interest in training and hiring people who have an intellectual disability.

Recently, CLQW was contacted by Community Living Ontario with the news that a local community business was eager to discuss potential employment opportunities for individuals who are currently supported within the agency.

Community Living Quinte West has met with the employer to discuss specifics in terms of the positions available and the terms and conditions of employment. Although we are still in the preliminary stages of this initiative, we are looking ahead with optimism and an open mind. We will keep you all posted as to the next step in this wonderful opportunity.



*Lorrie Arsenault,  
Director of Programs and Community Involvement*

## Book Review

For parents dealing with a diagnosis of autism the experience can be shocking, unexpected and frightening. Pamela Bryson-Weaver in her book '**Living Autism Day-By-Day**', gives parents strategies for helping their child and the family cope with life and autism. But the book does much more than that. Using a diary format, Bryson-Weaver provides a day-by-day reflection on autism from her own experience, a quote that give the reader cause for thought, a place for the readers' notes and thoughts and the constant mantra on every page of "Just for Today". The author moves the reader through the year day by day proving support and practical advice on how to make life the best it can be.

The book is inspirational but also very practical in its advice to parents and caregivers who want to have a caring, loving relationship with their child. Bryson-Weaver writes from experience. Her son Johnny was diagnosed with autism and much of the wisdom the author provides in this book comes from her experiences. However the author also includes research on autism, autism websites and more at the end of the book. This is a practical and uplifting book and should be a must for any person on your gift list who is working with someone with autism.

One of the final quotes in the book sums up much of what Pamela Bryson-Weaver gives the reader. She writes:

"Always unique, totally interesting, sometimes mysterious.  
AUTISM acceptance is the greatest gift you can give someone with autism."

*Starr Olsen,  
Executive Director*

## Christmas at Compass

We would like to welcome Susan Holmes to the Team at Compass. Susan will directly supervise the program, ensure quality programming, support staff and individuals who attend the program with their daily needs. Darlene will continue as Compass Director, working on some new endeavours for Compass and Community Living Quinte West including our Winter Break Programs, Spring Break and Summer Camps for students looking for activities when schools are on breaks.

December will be busy. The Compass Program has many events planned. We will decorate the building, trim the tree and engage in a Door Decorating Contest the first and second weeks of December. Christmas crafts, or Christmas cards for family and friends, have a key role to play in the run-up to Christmas. We are planning on a Christmas Tea with scones, china cups, cloth napkins and our best manners. Our Pastry Chief, Marianne Morrin will be here on board December 10<sup>th</sup> to bake ginger bread with everyone. We are planning on visiting Glanmore House, touring Kikimo Candles and attending a production at the Stirling Theatre. We hope we have time to watch some of our old Christmas favorites like *Miracle on Thirty-Fourth Street*, *A Christmas Carol*, *Home Alone* and *Elf*. On December 23rd, the last day we are open before Christmas, we will have a wonderful Christmas Party with games, crafts, fun games and a potluck. We will also go caroling and follow up with hot chocolate. We hope you all have a wonderful Christmas.

The Compass program will remain open this year through the holidays if you would like to attend. We are responding to needs of families who are requesting continued programming. Compass will be open December 22, 23, closed 24, 25, 26, will reopen December 29, 30, 31, and will be closed January 1st, and 2<sup>nd</sup>. The New Year will begin Monday, January 05, 2015.

Thank you to all families who participated in our Wreath Sales. You again have made this fundraising initiative successful.

Wishing everyone a safe and Merry Christmas, and all the best in 2015.

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

*Susan Holmes*  
*Manager of Support Services &*  
*Volunteer Co-Ordinator*

### ***The winners of the AGM draws were!***

- *The winner of the golf clubs and bag was Deb Curran of Trenton.*
- *The winner of the 2nd prize was Steve Edimiston of Kingston, a free round of golf at Timber Ridge Golf and Country Club.*
- *The winner of the 3rd prize was Zack Klein of Cobourg, a day at the Spa.*

### ***The winner of the HELMS 50/50 draw was!***

- *The Helms 50/50 draw winner was Trevor Goodfellow of Roslin.*



In October the Ministry of Community and Social Services began the process of distribution of Passport Funding to people with an intellectual disability in Ontario. Passport Funding distribution will take place over the next several months reaching 199 adults who had previously received Passport Funding but were being provided with additional funding. Another 460 individuals in the South East Region who had not received funding will receive their Passport allotment by March 31, 2015.

On November 3<sup>rd</sup> people receiving Passport Funding and their families had an opportunity to visit Community Living Quinte West to talk about what services they need. Areas of interest which families could explore here at CLQW were Respite Services, Employment Supports, Community Participation Opportunities, The HELMS Program (Health Energy Learning Motivation thru Sports), The Compass Program, Christmas Camp, Summer Camp and Spring Break Events, and After School Programs.

Passport Funding can be used for community participation and for respite. Passport Funding for the South East Region was \$6.1 million before the new investment. The 2014-2015 investment for Passport Funding is approximately \$5.3 million. In order to use the individualized funding effectively, planning will be based on what the person has indicated in their Person Directed Plan they would like to do to be more active in their community. Some examples of how people we support are using their funding include memberships to the local YMCA, hiring a support professional to assist them in working on life skills such as cooking, transit training, and social recreation activities. Many other activities are being funded such as attending plays, concerts and dances, participation in hockey and working to learn other sports.

Meeting with individuals and their families to let them know what is available in the South East Region is very important. All agencies in the South East Region are planning a series of "Information Fairs" in which all agencies will be present to let people know what we all have to offer. The "Information Fairs" will begin in January/February and be held in many places in the Hasting/Prince Edward area. Community Living Quinte West will be an active participant in the planning of the events, and we believe that the individual and their plans must be kept "At the Heart of the Matter".

Families who are requiring assistance with their Passport Funding, including Transfer Payment, hiring staff, facilitation of Person Centred Plans, scheduling, etc., please contact Connie McLean at 613-394-2222.

*Starr Olsen,  
Executive Director*



*Connie McLean,  
Manager of Community  
and Family Support*

## Bubbling Up At the Santa Clause Parade



With many dogs excited to be walking in the Santa Clause Parade, Paws Active Doggie Daycare created quite a splash with a float carrying a bathtub full of bubbles and dogs including a very large Dalmatian. Jessica Gooding, Core Allen and Brian Hunter, all employees at Paws Active were the float's designers while Jessica's parents, Colleen and Paul helped to getting everything in shipshape for the parade.

Paws Active provides grooming and daycare for all breeds of dogs and enjoys the Santa Clause Parade as a time for greeting their clients and friends along the parade route. This year, a Great Dane named Marmaduke was a great attraction with all of the children while many smaller dogs greeted children along the parade route.



*We wish everyone a very Merry Christmas.*

*Nicole Johnson,  
Associate Supervisor  
PawsActive Doggie Daycare*



## A Spectacular Golf Tournament



June 14, 2014 was another spectacular day of golfing at Timber Ridge. I want to give a big thank you to Paul Aitken and staff for always doing whatever it takes to make our tournament a success. Paul Ferguson started the day by welcoming everyone and highlighting the importance of our tournament. This year our numbers were down a bit; however, the 38 people that played had a great time on this fabulous course. The weather co-operated with a mixture of cloud and more cloud with a cool feel in the air

but no rain until all the golfers were off the course....perfect conditions for a hole-in-one. Michelle Earle made a 140 yard shot with her seven wood to roll the ball gently into the hole. I think Darlene Dale was as excited as Michelle.

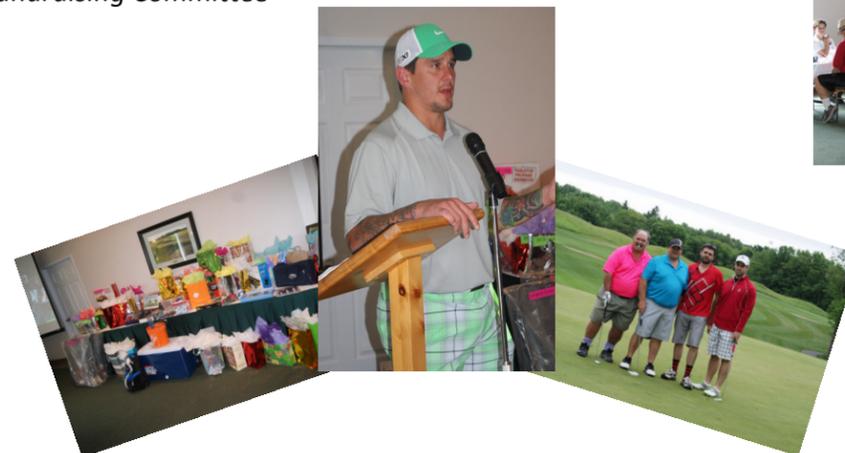
A great meal was served by Timber Ridge staff, with a fair amount of excitement over the running back and forth to secure bids at the abundant silent auction table. Kris Newbury, our honorary host, welcomed everyone and thanked them for attending. This was the seventh year that Kris has made himself available for our tournament, traveling a great distance at his own expense. Thank you once again Kris and we hope we see you next year.



Thank you to each and everyone that attended the tournament, to all staff and volunteers for donating their time. Without you we wouldn't have a tournament. A big thank you to all our Sponsors and Donors for your very generous contributions to our day.

Mark your calendars for June 13, 2015 at the Roundel Golf Course at CFB Trenton. Please reserve that date and plan on joining us!!

*Wally Earle,  
Chair-Fundraising Committee*





## Region East Professional Development Association

Agencies in the East Region have a new way of managing their professional development and training. Agencies in this area have banded together to develop a software package that will help them be more streamlined and effective in managing employee training, mandated and for professional development. Beginning about 18 months ago, the group has been participating in training sessions to learn how to use the new software developed by Steve Cole, an employee of Community Living Quinte West. Steve has had feedback from all of the agencies involved and the new REPEDA software will help agencies track all aspects of training including when staff are due for repetitive type training such as First Aid. The software will remind management and staff of when their training is scheduled. The software will also be able to generate reports as to the cost of the training by agency, by individual and as a regional cost. Tests, quizzes, and certificates of successful completion can also be generated and stored in the program.

The REPEDA group is preparing to run more training sessions on line which will save on travel, time and other costs. In the New Year the REPEDA Steering Committee is planning to offer the software and training to other agencies not in the East Region.

*Starr Olsen,  
Executive Director*



### **On November 7<sup>th</sup> Batawa Development Corporation held the *Seniors Expo* at the Batawa Community Centre.**

The Seniors' Expo was designed to help people over 50 become involved in the community and to become more aware of opportunities available to them. Options presented were:

- Volunteering with community based organizations
- Opportunities to meet new people, become active and develop new interests.

Exhibitors had door prizes and numerous giveaways. Although Community Living Quinte West was not an exhibitor, we will be next time. However, we did handout pamphlets, pens and small flashlights to let people know we would be very interested in their volunteer assistance. The event was in full swing from 9:00 a.m. to 3:00 p.m. with a steady stream of people moving through the exhibits.

Exhibitors included: The City Of Quinte West, Community Policing, Hospice of Quinte, Alzheimer's Society of Belleville, Garden Club, Public Library, Big Brothers Big Sisters, Ministry of Finance, Heart and Stroke Foundation, MPP Lou Rinaldi's office, MP Rick Norlock's office, CNIB Motion Specialties, Quinte Access, Cycling Club, Canadian Diabetes Association, Campbell Monument, Weaver Funeral Homes, Bayview Retirement and many more.

The day was a huge success with a fantastic turnout.

*Lisa Flanigan,  
Manager of Operations*



## Let It Snow! Let It Snow! Let It Snow!



With the arrival of the colder weather people have started to think of their winter activities. HELMS participants are eagerly awaiting the arrival of the snow. Sports such as skiing, snow boarding, snowshoeing and dog sledding are on their minds. They are chatting about it in the halls, challenging each other to outdo last year's feats. Batawa Ski Hill is a favourite of many and we are lucky to have it in our back yard. Others will access Brimacombe, Sir Sams or Devil's Elbow. Snowshoeing and cross country skiing will happen at the Frink Centre and other park areas. Algonquin Park will be the site of our all day

dog sledding trip. Shorter trips will take place closer to home in Eldorado, the Northumberland highlands, and Bancroft.

Darts is a very social and "gentle" sport that people have been playing at their community Legions. This is a winter long sport running from October to March. The various leagues will be challenging each other later in the season.



Curling has been a very popular sport for the last three years and this year is no different. Community rinks from Kingston, Picton, Trenton, Brighton, Cobourg, Ennismore, Bancroft, and Marmora have come on board to offer six week programs to learn to curl. The season highlight is the final bonspiel where people can show off their new and improved skills.

Fitness activities and swimming continue throughout the year at the YMCAs and other local fitness centres. Horseback riding is also enjoyed year round.



Toni Kirby,  
HELMS Co-Ordinator

*Wishing everyone a very Merry Christmas  
and a wonderful and safe Happy New Year.*



**Compass Art Contest Winners!**



**Congratulations are in order for both of our winners!**

Paws  
Active  
Doggie  
Daycare &  
Grooming



## Big Plans for PADD in 2015

Wow! Do we have some exciting news to tell you! First please let me introduce you to our two new employees who have joined our team, Jessica Gooding, who is a Certified Groomer and Sam Olsen an Associate Groomer and Dog Trainer. We could not be happier to welcome such great employees to our group of animal enthusiasts. With our two new employees also come some exciting opportunities for our customers!

We are now open on Saturdays from 9:00 a.m. to 4:00 p.m. for Grooming appointments! Please stop in and meet Jessica as she will be grooming away making all your dogs look and feel beautiful! We are pleased to reach clients that we were missing by only being open Monday to Friday. So book in now for your dog's Christmas Spa day!

Are you planning on getting a new puppy this Christmas? Please stay tuned for more exciting news at the daycare as Sam is currently looking into offering Dog Training Classes in the coming year!

Does your dog suffer from dry skin or other skin ailments that make them itch and scratch? Then this tip is for you! Have you heard about the many benefits Coconut Oil can have for your pets? Coconut oil, also known as the "tree of life", has been found to have many benefits not only for us but for our best friends as well. Many ailments like yeast infections which can cause smelly coats, hot spots, infected cuts, cracked and weathered paws, minor digestion problems will decrease with the use of Coconut oil. The oil will give your dog a smooth glossy coat as well as healthy supple skin and all it takes is a jar of virgin Coconut Oil. The coconut oil can be applied directly on the skin to help with extreme dry, itchy, red skin. Just massage small amounts of the oil into the affected areas two to three times a day. You also have the option of giving the supplement to your pet using a 1/2 tsp for every 10 pounds of body weight and gradually increase this amount daily until you reach 1tsp for every 10lbs. Cut back the dose if your pet develops diarrhea. As always with introducing anything new to your animal's diet please check with your Veterinarian.

From all the staff here at Paws Active Doggie Daycare & Grooming, we would like to wish all of our wonderful customers and their best friends, a safe and happy holiday season! Please remember if you would like your dog to look his/her best for all the upcoming festivities, book your Grooming Appointment now. Space is limited!

**OPEN!**  
SATURDAYS

**For Grooming Only from 8:00—4:00!**

*Nicole Johnson,  
Assistant Supervisor*

## New Technology for Speech, Language and Learning Disabilities



We all know that everything is moving towards making our lives easier and functional. Everything we do relies heavily on technology. We have evolved from a society that sits behind a desk to people on the move. So what happens if you are a mobile office? The Dragon software that is currently on computers to help people with dictation has now gone mobile. The applications Dragon Go, Dragon Search, Dragon Email, Dragon dictation, and Dragon Mobile assist, allow the user to be mobile with ease.



Social Stories also go mobile! Having trouble teaching appropriate skills in social settings? Individuals with processing and comprehension issues have trouble remembering what they have previously learned. Teaching them appropriate skills at home to carry over into the community can be a very difficult and an anxiety provoking event. Social Stories can now be put on a mobile device so an individual can be prompted in the moment to aid in success. The mobile device allows the individual to blend into the community.

Some of these applications are compatible with



Pat Deline,  
Manager of Residential Services, SLPA

For more information email me at [pat@clqw.ca](mailto:pat@clqw.ca)

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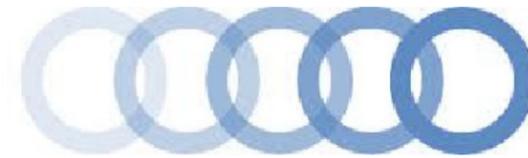
*"Brighton's Best Smoked Chicken & Ribs!"*

Community Living Quinte West would like to thank "The Smokehouse Eatery & Pub" for all their support with our events advertising over the past year.



*'Educational programming for adults  
with an intellectual disability'*

Joan Scott Developmental Centre  
11 Canal Street, Trenton, ON K8V 4K3  
Susan Holmes at susanh@clqw.ca - 613-394-2302 or  
Darlene Dale at darlene@clqw.ca - 613-394-2222 x 33  
<http://compass.clqw.ca>



*Season's Greetings from*

Paws  
Active  
Doggie  
Daycare &  
Grooming



**Nicole Johnson, Associate Supervisor  
Certified Vet Assistant & Groomer**

52 Lafferty Road, Trenton, Ontario K8V 5P7  
613-394-0764 - [pawsactive@clqw.ca](mailto:pawsactive@clqw.ca)  
[www.pawsactive.ca](http://www.pawsactive.ca)

Daycare (Mon—Fri)	8:00—5:30
Grooming (Mon—Fri)	8:00—3:30
Grooming Saturdays	8:00—4:00



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**Grooming Packages**

All Grooming Packages include bath, brush, nails, ear cleaning and haircut.

Small Dogs	\$30.00—\$35.00
Medium Dogs	\$40.00—\$45.00
Large Dogs	\$55.00—\$60.00
Giant Breed Dogs	\$70.00—\$80.00

**Bath & Brush Packages**

All Bath & Brush Packages include bath, nails, brush out, ear cleaning, and a light tidy up.

Small Dogs	\$25.00
Medium Dogs	\$30.00—\$35.00
Large Dogs	\$40.00—\$45.00
Giant Breed Dogs	\$55.00—\$60.00

**Additional Services**

Nail Trim	\$5.00
Nail Grinding	\$7.00

**Daycare Rates**

Hourly Rate	\$3.00
Full Days	\$20.00
Pre-Paid Cards	180.00
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Pre-Paid Cards	\$108.00

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# CHRISTMAS FIRE SAFETY TIPS

To ensure a Merry Christmas and fire safe Holiday Season for everyone, **Fire and Emergency Services** suggests the following fire safety guidelines be observed:



## The Kitchen

Grease and fat fires are a leading cause of home fires in Canada, so be extra careful when doing this kind of cooking. Here's what to do if grease in a pot or pan catches fire:

- Smother the flames by covering the pan with a lid.
- Turn off the heat immediately.
- Use baking soda (flour can be explosive) on shallow grease fires.
- Never turn on the overhead fan, as this could spread the fire.
- Never throw water on a grease fire.



## The Christmas Tree

- Get a freshly cut tree. It will stay green longer and be less of a fire hazard. Try to pick a tree with a strong green colour and noticeable fragrance.
- Always test for freshness before buying. A tree with high moisture content is safer. Very few needles should fall when the butt of the tree is tapped on the ground; needles should bend, not break; and the stump should be sticky with resin.
- Place the tree in a stand that will hold 2 to 3 litres of water and top it up daily. Make sure it is always immersed in water: if water drops below the trunk, the stem may reseal itself, requiring a fresh cut.
- Use a tree stand that has widespread legs for better balance.
- Do not set your tree up near a heat source such as a radiator, television, fireplace, heating duct or sunny window. It should not block doors.
- Never use lighted candles on the tree.
- Remove the tree within 10 to 14 days. After that time in a heated building, even the freshest tree can start to dry out.



## Decorations

- Choose decorations that are flame-retardant, non-combustible and non-conductive.
- If there are young children or pets in your home, avoid very small decorations.
- Avoid using angel hair (glass wool) together with spray-on snowflakes. This combination is highly combustible.
- Do not use metallic ornaments on the tree. If they make contact with defective wiring they could become a shock hazard.



## Lights

- Use Canadian Standards Association (CSA) certified light strings/sets.
- Use the proper lights for the environment. Indoor light strings/sets should not be used outdoors because they lack weatherproof connections. Some outdoor light strings/sets burn too hot indoors.
- Inspect light strings/set before use. Check for cracked bulbs and for frayed, broken or exposed wires, and discard if faulty.
- Do not use electric light strings/sets on metallic trees. A faulty system could energize the tree and shock or electrocute anyone coming into contact. Illuminate metallic trees with coloured floodlights placed at a safe distance from the tree and out of reach.
- Turn off all tree and display lights before retiring for the night or before leaving the house.



### Candles

- Place candles away from absolutely anything that could catch fire.
- Never leave burning candles unattended.
- Burn them only when a responsible adult is overseeing the flame.
- Put candles in sturdy holders on a stable surface, well away from drafts, curtains, children and pets.
- Snuff them out before leaving the room or going to sleep.



### The Fireplace

- Never burn gift wrappings, boxes, cartons, or other types of packing in the fireplace. They burn too rapidly and generate far too much heat.
- Don't hang Christmas stockings from the mantel when the fireplace is in use.
- Always use a screen in front of the fireplace to protect against flying sparks.
- Never use gasoline or any other flammable liquids to start a fire.
- Use only seasoned and dried wood.
- Never leave the fire unattended or let it smoulder.
- Clean the ashes regularly. Place the ashes in a metal container and store outside away from flammable materials.
- Don't use Christmas trees for firewood.



### Electrical Plugs and Cords

- There is often a tendency to overload wall outlets during the holiday season. This is an unsafe practice and should be avoided even for short durations.
- Inspect all cords before using. Make sure they are CSA certified. Look for loose connections or frayed or exposed wire. Discard any defective cords. Read the labels and manufacturer's instructions to ensure proper use.
- Insert plugs fully into outlets. Poor contact may cause overheating or shock.
- To avoid possible overheating, do not coil or bunch an extension cord which is in use and do not run it under carpets or rugs.



### Gift Suggestions

- Home smoke alarm
- Carbon monoxide detector
- Multi-purpose (ABC) fire extinguisher
- Candle snuffer
- Thermostatically controlled deep fryer

**Last but not least ... make sure your smoke & CO detectors work. Effective October 14, 2014, one working CO detector is required on every level of your home. IT'S THE LAW!**



**Community Living Quinte West  
wishes everyone a  
safe and joyous  
Holiday Season**





### 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.

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 Susan Holmes at 613-394-2222 for more information or visit our website at [www.clqw.ca](http://www.clqw.ca).

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.