



60 COMMUNITY LIVING
Peterborough
years

Opening Doors

March 2013

to Building Inclusive Communities

In This Issue belong

- New Home, New Community
- Life After High School: Key Facts
- He Asks, He Scores! Wish Fund Grants Avid Fan a Peterborough Petes Jersey
- Achieving New Year's Resolutions
- Jack's Corner: Message from the C.E.O.
- 60th Anniversary Events
- Yes, I will Support Community Living Peterborough!

Mission: To inspire respect and equality for people living with an intellectual disability by promoting: community knowledge, organizational excellence and individual quality of life.

New Home, New Community

- Lisa Clarke, Community Living Peterborough

In August of 2011, Community Living Peterborough celebrated the announcement of \$1,067,000 in funding through the Investment in Affordable Housing Program through the Province of Ontario and the City of Peterborough in support of our capital project *Home of Our Own*.

With this investment, we have constructed two beautiful, accessible duplexes on Jane Street in the south end of Peterborough. These buildings offer eight private apartment suites, seven of which will be home to seniors living with an intellectual disability and one for two students through a bursary partnership with the Trent University School of Nursing.

Each spacious apartment suite will allow in plenty of natural light by way of large windows that are built at a suitable height for residents who use wheelchairs. Each duplex has an elevator, and is composed of two one-bedroom apartment suites and two two-bedroom apartment suites. The one-bedroom apartment suites feature ensuite bathrooms. All bathrooms are fully accessible and will feature accessible showers.

An innovative vision of supported living, our Jane Street duplexes offer new tenants accessibility, quality and the support required to live independently despite increased health care needs.

The apartments are centrally located, close to the Memorial Centre, Peterborough Farmer's Market, public transportation and the downtown core. In addition to the services of Community Living Peterborough, residents will enjoy the additional benefit of intergenerational living with their "intentional neighbours" from Trent University.

The new tenants will begin to move into their new homes in April 2013 with the support of our organization, as well as their family and friends.

New resident Wayne Campbell is excited for his own apartment where he says, "I can invite my sister over for a visit and have privacy. I am looking forward to hanging pictures of my family and friends and having a new TV. I am happy that I will be able to walk to the YMCA for my work outs and to the Memorial Centre to see more Petes games."

This home would not be possible without the added support of the Peterborough and Kawartha's Association of Realtors, the Harry E. Foster Foundation, the Harold Ballard Foundation, and our *Home of Our Own* campaign donors and Skydiggers Concert attendees.

For more information and to support our *Home of Our Own* campaign, contact **Lisa Clarke** at (705) 743-2412 ext. 539 or lclarke@communitylivingpeterborough.ca.

Life After High School: Key Facts



Luke Flynn, seen here dancing the night away at his high school prom, hopes to become a member of Famous People Players in Toronto after he graduates from college.

As with most families, helping a child to transition to life after high school involves many questions and conflicting emotions. On one hand, it is exciting to think about new adventures and possibilities; on the other hand, there may be some anxiety about the unknown.

This time of transition for a young adult living with an intellectual disability is no different than his or her peers. Life after high school at age 21 now includes finding a job, opportunities at College or University, finding a place to live, learning how to become involved in community and developing personal relationships with other adults.

To prepare for this next life stage, the Family Support Department with Community Living Peterborough offers one key message to parents of children who live with an intellectual disability: start thinking and planning for this eventual transition at an early age. It is never too early to start.

“We encourage families, if economically possible, to start contributing to an RDSP plan as soon as possible,” says Donna Sanders, Manager of Family Support and Youth Development. “We also encourage parents to connect with community services and imagine, together with their child, the perfect version of their future. We recognize this may be a daunting request; however, we stress with all parents that planning for the future is imperative.”

The good news is that with ample planning, a young adult living with an intellectual disability can find both success and value as a contributing member of their community after leaving school. Proper planning will alleviate feelings of anxiety for family members and will ensure a smooth and successful transition into adulthood. “When meeting with families, we discuss a

few select topics we believe every family should consider”, continues Donna. The points below are, by no means, a comprehensive list of how to support the transition into adulthood, but it is a valued resource for parents who are supporting a child living with an intellectual disability:

Developmental Services Ontario (DSO): Parents should connect with the DSO by the time their child turns 16 to ensure they are identified on their waitlist for future services. All vacancies an agency, such as Community Living Peterborough has, will be declared by the DSO through a referral process.

Ontario Disability Support Programs (ODSP): Parents will need to contact ODSP before their child turns 18 to ensure they will begin to receive their pension.

Housing: Moving a son or daughter into a group home is no longer necessarily the best housing option. The waitlist for community homes is long, but there are many exciting housing options that families can explore. Parents will need to look at what situation will meet the needs of their son or daughter best -

see **HIGH SCHOOL** | Page 4

He Asks, He Scores! Wish Fund Grants Avid Fan a Peterborough Petes Jersey



- Brett Edgerton, Community Living Peterborough

Not all wishes submitted to Community Living Peterborough's Wish Fund are elaborate. Some happen to be quite simple requests. Never the less, they are just as important to those who apply, and in December of 2012, Kyle Snider made a simple request that has not only enhanced and improved his quality of life, but has made him feel more connected to the other Petes fans

throughout the Memorial Centre and the Peterborough community.

Although on a strict budget, Kyle tries to attend as many Peterborough Petes games as can. He loves supporting his team however he can, and for the 2012/13 season Kyle wanted to show his loyalty by buying and wearing a Peterborough Petes jersey.

With the help of his support staff, Kyle submitted a Wish Fund application and within 48 hours of receiving his grant, Kyle out went and purchased his team's jersey.

Now, at each game, Kyle proudly displays his maroon and white! He is thrilled to support his team like so many of his friends. Kyle plans on wearing his jersey, with a smile on his face, for every game he attends. Whether the Petes win or lose that night, it will be okay by Kyle – he has done his part from the stands.

For more information on the Wish Fund, contact **Ben Taylor** at btaylor@communitylivingpeterborough.ca.

Achieving New Year's Resolutions

- Wendy Russell, Community Living Peterborough

Congratulations to Gerald Parks as he celebrates his one year anniversary of being smoke free! At the start of 2012, Gerald set his New Year's resolution to quit smoking. As a heavy, long-time smoker, he was aware of the challenge ahead, but he wanted to be able to quit 'cold turkey.'

Approximately 70% of all smokers in Canada express a desire to quit smoking, but only an approximate 7% out of the 40% who actually do try to quit smoking, succeed with their first attempt - 3.5% successfully quit 'cold turkey.'

To focus on his goal of quitting smoking, Gerald started a new routine of getting into shape by walking around and inside Peterborough Square on a daily basis.

With the money that Gerald has saved over the year, he is now thinking of how he should reward himself. His determination and focus is an inspiration to us all. We hope Gerald's triumph encourages others to continue to push forward with their own New Year's resolutions, whatever they may be.



Jack's Corner: Message From the C.E.O.

The Wish Fund recipient featured in this newsletter, Kyle Snider, had a dream to own a Petes jersey. A simple dream to some, but Kyle's new team jersey made a positive impact on his life that brings him happiness and joy.

Each day, Community Living Peterborough, our Board of Directors and valued staff, strive to ensure all people we support experience such moments, big or small, on a regular basis, that will positively affect their lives.

As you have read in the article, "New Home, New Community", we will be opening the doors to our Jane Street apartment suites in April – a momentous occasion that will positively impact the lives of 10 people we support, their families, and the Peterborough community as a whole. We expect move-in day to be a moment remembered for year's to come.

Our initiative to build the duplexes on Jane Street, with hopes to replicate their success in future developments, are in part due to mandated funding freezes put forward by the Ministry of Community and Social Services until 2017. Through innovative thinking and partnerships with the Investment in Affordable Housing program through the Province of Ontario and the City and County of Peterborough, we have committed ourselves to decreasing reliance on traditional governmental funding for services while increasing our networks and community knowledge about barriers faced by people living with an intellectual disability. Our initiative will not only create new

affordable housing, but will also increase opportunities for employment, volunteerism, recreation and friendships.

Facilitating a move to a new home is almost always a complicated process. Our agency answers not only to the people we support, ensuring Jane Street is their dream home, but we are also responsible to the many members of our community who have entrusted us with their donations to *Home of Our Own* because they feel confident that we can help solve an affordable housing problem that Peterborough knows all too well. The provincial cutbacks to service providers, such as Community Living Peterborough, has added an extra strain to a housing crisis that many have already faced for countless decades.

2013 is the celebration of our 60th Anniversary. During the year, we hope to transform our community's understanding of our organization via our exciting *Peterborough in Portrait: Our Inclusive Community Art Exhibition*. This inclusive exhibition at the Canadian Canoe Museum will spread awareness, bring our community together, and in turn, will make serious strides towards awareness of our area's residential support list.

I hope to see many faces from our community at the art exhibition-it will show the true inclusive nature of Peterborough.

Respectfully yours,

Jack Gillan (@CLPJack)
Chief Executive Officer

Our 60th Anniversary celebration Events

March 7, 2013 - Community Living Peterborough's Night with the Petes, presented by DNS Real Estate: Take part in our "Chuck-a-Puck" event and you could win a 50" Panasonic Plasma TV. Tickets are \$10.00 each. Call (705) 743-2411 to purchase your tickets.

June 17, 2013 - 60th AGM
Join us at the Canadian Canoe Museum amongst artwork from *Peterborough in Portrait: Our Inclusive Community*.

June 15 - 22, 2013 - Peterborough in Portrait: Our Inclusive Community Art Exhibition: In partnership with the Canadian Canoe Museum, we will host the art exhibition from June 15 - 22. The portraits will feature people living within the County of Peterborough submitted by artists - professional, emerging, aspiring and student - also living within the County of Peterborough. Download a submission package from our website (communitylivingpeterborough.ca) or call **Lisa Clarke** at (705) 743-2412 ext 539.



Peterborough in Portrait
— OUR INCLUSIVE COMMUNITY —

Yes, I will support Community Living Peterborough!

Please Designate My Donation to

- ☐ General "Voting" Membership ☐ Wish Fund ☐ Home of Our Own Campaign ☐ Other Area of Greatest Need

Donation Options

- ☐ Monthly donation of: _____ Starting: ____/____/____ (d/m/y) Ending: ____/____/____ (d/m/y)
☐ One time gift of: ☐ \$50 ☐ \$100 ☐ \$250 ☐ Other: _____
(Or leave open-ended)

Payment Options

- ☐ Pre-authorized donation on the 15th of each month. I have included a void cheque*
☐ Cheque: Pay to the Order of Community Living Peterborough*
☐ Credit Card: ☐ Visa ☐ MasterCard

Card Number: _____

Expiration date: ____/____

Authorized signature: _____

Verification Code: _____

Please Make Cheques Payable To:
Community Living Peterborough
223 Aylmer Street, Peterborough ON K9J 3K3

Donate Online Through:
Canada Helps at
www.communitylivingpeterborough.ca

* I may cancel my authorization at any time, subject to providing written notice of cancellation at least ten (10) business days before the next pledge is processed. I have certain recourse rights if any debit does not comply with this agreement. For example, I have the right to receive reimbursement for any debit that is not authorized or is not consistent with this PAD Agreement. To obtain a sample cancellation form, or for more information on my right to cancel the PAD Agreement and my recourse rights I may contact Community Living Peterborough or my financial institution. Charitable Number: 107837262RR0001.

High School

CONTINUED FROM PAGE 2

such as if they should live alone or with roommates. Our Jane Street *Home of Our Own* initiative is one prime example of the creative housing ideas that are becoming available in our community.

Post-Secondary Education or

Employment: Families should contact various post-secondary schools to see what options are available, as well as look into employment options that suit their child's interests. *Contact ODSP Employment Supports for help with job search and training.*

Community Involvement & Staying

Connected: Research which adult community programs match their child's interests to create a fulfilling schedule of activities - including recreation, employment or volunteer. It is important to support their

child to stay in touch with friends from high school.

Independent Living Skills: "We explore which independent living skills a person will need to acquire in order to be successful living on their own – cooking, cleaning, riding the city bus system, etc. From an early age, parents and children should begin planning and preparing nutritious meals that a young adult can make independently."

Money Matters: Managing money and sticking to a budget is a skill that takes practice and will assist young adults on their journey to supported independence.

For more information about Family Support's supports and services, and future planning, contact **Penny Wood** (for CHILDREN and YOUTH ages 0 – 17) at (705) 743-2412 ext. 528 or the **DSO Central East Region** (for ADULTS aged 18 +) at 1-855-277-2121.

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Community Living Peterborough - Opening Doors - March 2013

Page 4

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