

## FROM A PARENT'S PERSPECTIVE

Wendy Onions

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SPREAD THE WORD

My daughter, Molly, is almost four years old. She attends a daycare centre in our neighbourhood. She has been going there for two years and she is able to participate fully in the programming thanks to her phenomenal classroom teachers, the Enhanced Support Worker Program and her Resource Consultant, Kim McFie.

Molly has developmental delays. Like most parents, I have a long list of fears and worries for my child. I knew that enrolling her in daycare would provide her with daily opportunities for social interaction with other children her age. I knew it was the right thing for her, but still I wondered... Will the other kids play with her? Will she build true friendships? Will she be included? Will she be valued?

Molly has indeed made some wonderful friends at daycare. We are met at the door everyday by her peers exclaiming, "Molly's here!" while they rush to greet her. I am told by her teachers that her friends like to sit beside her and bring her toys. As her mom, it feels good to hear these things.

Then something happened in January that made my heart soar. I went to pick her up one day, and there was an envelope in her cubby with her name on it. I opened it up and found it was an invitation to a birthday party. I was elated! I was also, admittedly, concerned that maybe Birthday Girl's parents had just invited everyone in the class and they did not know who Molly was. In spite of that, I was thrilled for my little girl that she had received her first birthday party invitation, and heck yes, I was going to RSVP that we would be attending!

On the way out of the building, I was approached by a man who smiled and gestured toward my daughter and asked, "Is this Molly?" I said it was, and he said he was Birthday Girl's dad and wondered if we had received our



invitation. I said that we had and that we would love to come! He said when they were planning Birthday Girl's party, they asked her who she wanted to invite and she said, "Molly. Only Molly. No one else."

I must have looked pretty silly standing there with that goofy smile on my face. I didn't even think to introduce myself or ask his name. I just kept thinking in my head, 'Molly has a friend who wants her to be at her birthday party'. This was very cool! I took to social media that night to announce this momentous occasion to everyone. I was just so excited and I knew that it likely meant more to me as her mom than it did to Molly, but I was okay with that.

I called Birthday Girl's mom that night to officially RSVP to the party. We chatted for a while and although it felt a bit awkward, I had to bring up a couple of things like, 'Hey, don't

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## MOVING FORWARD WITH OUR STRATEGIC PLAN

*Peter Sproul,  
Executive Director*

Effective governance and executive leadership demands, above all else, setting vision and overall strategic direction for the organization. This must be done with the involvement of stakeholders from throughout the organization and should be articulated clearly and succinctly, leaving no question regarding key goals and priorities and how those directly relate to the mission and core values of the agency.

In 2014, the Board of Directors completed a comprehensive strategic planning process that solicited the direct involvement of family members, persons served, volunteers, staff members, management, the Ministry of Community and Social Services, and community partner organizations. The result was a new strategic plan that highlighted, among others, six key areas for attention:

1. Alternative residential supports and innovative housing strategies;
2. Flexible and alternative services and supports:
  - Social enterprise strategies for employment and volunteer opportunities
  - Diversifying Community Options (program operations on evenings and weekends);
3. Becoming the provider of choice for people and families receiving passport dollars;
4. Financial strategies to support our mission – diversifying our revenue;
5. Succession planning and talent management;
6. Becoming a hub for families – supporting a local family network.

A plan is only as good as the implementation that follows its development. In the fall of 2014, Strategic Planning Implementation Teams were constituted, again with the active participation of various stakeholders. Each team is working specifically on a priority area identified in the plan, with a goal to achieve progress in each of the critical areas. In April, each team reported back to the Board of Directors so that overall progress can be continually monitored and broader discussion encouraged.

This year's Annual General Meeting will include an update on the work of the Implementation Teams so that the membership, staff and management remain current with all efforts to move forward in achieving the strategic objectives of the organization. It is important that everyone appreciate and understand the overarching goals that have been identified by the governance and executive leadership of the organization and the work that's underway to achieve those goals. The Board of Directors, led by President Robert Hickey, has done an excellent job in leading those efforts.

Too often and with too many organizations, the strategic plan sits on a shelf and only gets dusted off when it's time for review. Community Living Kingston and District has taken steps to ensure that the Strategic Plan is a living document that is a useful framework, a work plan for moving ahead with critical initiatives. It's a collective responsibility to ensure that those efforts are supported and that we all remain involved and aware of the direction set by the organization.

I encourage anyone who'd interested to review the entire Strategic Plan, available within the Annual Management Report on our website at [www.communitylivingkingston.org](http://www.communitylivingkingston.org).

**COMMUNITY LINK is now publishing twice a year;  
look for us in your mailboxes in the FALL AND SPRING.**

# NEWS AND VIEWS

## BOWL FOR KIDS SAKE

*Eleonor Egidio*

On Saturday, March 28th, housemates Liz, Richard, Gary, Sean and Dennis bowled in the Big Brothers Big Sisters annual Bowl For Kids Sake along with a volunteer and two Community Living staff. They successfully collected many pledges, then dressed in a western theme, bowled a few of games and won some great prizes. The executive director of Big Brothers Big Sisters sent a personal note saying, "We were so very happy to have a bowling team from Community

Living Kingston and District taking part in this event. We were delighted to meet and spend time with a couple of Community Living staff, a volunteer, as well as a few of the individuals supported by your agency who were a part of the team. We are also very grateful for the financial contribution of this team. In the end, we exceeded our fundraising goal and had a lot of fun."



## *From a Parent's Perspective continued from Page 1*

worry about cake or snacks for Molly because she can't have any of that stuff. Or, 'How many steps up into your house, because I'll have to carry her and I'll leave her wheelchair in the van.' Birthday Girl's mother was very pleased we were able to come and she reiterated the same story to me about how Molly was the only guest Birthday Girl wanted there. (I'm pleased to say Birthday Girl had a change of heart and there was a nice group of friends from the daycare who attended the party).

Molly and I went shopping for the present, card and wrapping paper. I had to admit to myself this was something I feared we would never do together. It was fun but as we got closer to the big day, I wondered how Molly would be received at the party.

I should not have been worried at all. We arrived to big warm welcome from Birthday Girl and her family. There were grandparents and aunts and all sorts of people there for the party. They were genuinely pleased to see Molly there. I sat Molly down on the floor in the middle of the living room and got to see Molly and her friends in action. They all sat down around her, jostling for position to try to

get to be the one right beside her. Blondie brought her over a toy. Birthday Girl kept patting Molly's head and sweeping her bangs off of her face. Freckles held her hand.

I was a proud Mama, basking in the glow of watching my child and her friends interact. Without prompting. Without adults directing any of it. It was friendship, pure and natural and normal and what we all hope so desperately our children will be able to participate in and benefit from. I have the pictures on my phone to look at and remind Molly of the fun we had at the party that day.

Talk about building natural friendships through inclusion at daycare! Molly has friends, and that friendship has now extended beyond the walls of the daycare. To them, she is just Molly. They are not afraid of her wheelchair or the way she eats. They do not seem to mind that she does not speak back to them when they speak to her. They enjoy being with her and they value her for who she is.

Molly's birthday is just a few short months away. I am already planning the guest list and I am hopeful that her friends from daycare will be available to come!

# THE STAFF CORNER

Steve McKellar

## RECENT HIRING

Several new employees have been hired in the past six months to fill Direct Support Professional roles within the organization. Here a listing of all the new staff members.

Employee Name	Program Location	Educational Background
<i>Brittany Christie</i>	<i>Parkway</i>	<i>B.A. A. in Behavioural Psychology</i>
<i>Mark Szpyt</i>	<i>Parkway</i>	<i>Honours Bachelor of Arts</i>
<i>Joe Topping</i>	<i>Roosevelt</i>	<i>Social Service Worker</i>
<i>Kayla Cleveland</i>	<i>Community Options</i>	<i>Behavioural Science Technology</i>
<i>Jesse Vandermeer</i>	<i>Community Options</i>	<i>B.A. A. in Behavioural Psychology</i>
<i>Diane Cummins</i>	<i>Respite</i>	<i>Developmental Service Worker</i>
<i>Amie Kerr</i>	<i>Family Home</i>	<i>Social Service Worker</i>
<i>Alice Liddle</i>	<i>Smithfield</i>	<i>Child and Youth Worker</i>
<i>Anitra Longford</i>	<i>Roosevelt</i>	<i>Social Service Worker</i>
<i>McKenzie Merrill</i>	<i>Melanie</i>	<i>B.A. A. in Behavioural Psychology</i>
<i>Yasna Rabadi</i>	<i>McMichael</i>	<i>B.A. A. in Behavioural Psychology</i>
<i>David Wright</i>	<i>Mowat</i>	<i>Social Service Worker,</i>
<i>Meagan Rogers</i>	<i>Roosevelt</i>	<i>B.A. A. in Behavioural Psychology</i>
<i>Rob Amini</i>	<i>Gananoque</i>	<i>Developmental Service Worker</i>
<i>Rebecca Lister</i>	<i>Melanie</i>	<i>Developmental Service Worker</i>
<i>Brookly Bertrim</i>	<i>Melanie</i>	<i>Behavioural Science Technology</i>
<i>Haley Gourdier</i>	<i>Arbour</i>	<i>Behavioural Science Technology</i>
<i>Shannon Mitchell</i>	<i>Mowat</i>	<i>Developmental Service Worker</i>

## RECENT PROMOTIONS

Several existing staff members have been promoted or transferred to new positions in the past six months. Here is an overview of their new roles.

Employee Name	New Position and Details	Program
<i>Jessica Marshall</i>	<i>Community Support Worker – Contract Position</i>	<i>Bayswater</i>
<i>Kate Karczmar</i>	<i>Administrative Assistant – Contract Position</i>	<i>Human Resources</i>
<i>Joanne Ferguson</i>	<i>Residential Facilitator – Permanent Position</i>	<i>Mowat</i>
<i>Sharon Dunn</i>	<i>Residential Facilitator – Contract Position</i>	<i>Mowat</i>
<i>Erin Impola</i>	<i>Coordinator – Permanent Position</i>	<i>Family Support Program</i>
<i>Beatriz Rivera</i>	<i>Residential Facilitator – Contract Position</i>	<i>Splinter</i>

# Congratulations!

# YEARS OF SERVICE ANNOUNCEMENTS

The following employees have recently reached a milestone in terms of their years of service with Community Living Kingston and District and we are pleased to recognize their long-standing commitment and ongoing contributions to the organization.

<b>Five Years</b>	Jenifer Oomen Residential Facilitator Smithfield	Christy Hanna Direct Support Professional Ringstead/Smithfield	Caitlin Moon Direct Support Professional Roosevelt/Splinter
<b>Ten Years</b>	Jefferson Boucher Direct Support Professional Arbour	Mark Vass Maintenance Supervisor Properties	Brenda Ekins-Matthew Residential Facilitator Melanie
<b>Fifteen Years</b>	Clara Smith FT Direct Support Professional Mowat	Donna MacLean Community Facilitator Gananoque	
<b>Twenty Five Years</b>	Sherrill Boyes Coordinator Splinter/Mowat	Sheri Scott Manager Residential Services	Lena Sousa Coordinator Ringstead/Roosevelt
<b>Thirty Years</b>	Mary Ann Maxwell Coordinator Respite/Family Home	Diane Stewart Family Support Worker Family Support Program	

## IN RECOGNITION OF OUTSTANDING ATTENDANCE

For the six month period from July 1, 2014 through December 31, 2014, Community Living Kingston and District is very pleased to acknowledge that 36 employees, which represents 15% of our entire work force, achieved a perfect attendance record and earned a well-deserved reward for not using any sick time. Those employees are as follows: Paula Alger, Catia Araujo, Cynthia Arpin, Matthew Aylsworth, Sandra Bonucchi-Bilow, Todd, Brown, Danielle Carnegie, Hunter Conder, Rob DeBellefeuille, Chris Elderkin, Greg Farrington, Theresia Hamilton, Simon Handley, Jeff Harrison,

Helen Hawley, Sherry Jarvis, Janet Jones, Lisa Lefevre, Wanda Lloyd, Matt Luck, Lisa MacIntosh, Fatima McArthur, Dan Meehan, Caitlin Moon, Saralyn Morris, Leah Reid, Robyn Ross, Sheri Scott, graham Snider, Peter Sproul, Diane Stewart, Stephen Tiffany, Juli Wheeler, Carol Wilkinson, Krystal Wood and Wade Wright.

Congratulations to all. Your outstanding attendance record serves the organization well.

## Inspiring Possibilities



Community Living Kingston and District promotes full participation for individuals who have an intellectual disability

***Become a Full Time or Respite Family Home Provider and help make community living a reality!***

Enrich your life by sharing your home with someone who has an intellectual disability on a full time basis or for weekend visits and short stays.

***As a provider for Community Living Kingston and District, you will receive reimbursement, person specific orientation and ongoing support.***

***For more information contact Eleonor at 613-546-6613 ext 284 or [volunteer@clkingston.ca](mailto:volunteer@clkingston.ca)***

# LIVING MY LIFE MY WAY

Articles highlighting successes people are achieving at Community Options

## MATT AND DALE'S BIG ADVENTURE

Todd Brown



They left on a Friday afternoon, the sun was shining, the tunes were cranked and the microphones were ready...but, was Ottawa ready for the dynamic duo of Matt Gavel and Dale Woodland?

Matt and Dale had been wanting to spend a weekend in the big city, as it had been a while since either had been away and they were both eager to stay in a hotel and take in local events. After researching things to do in Ottawa, they chose "Disney on Ice" at the Canadian Tire Centre and then "Rocking to the 60s, 70s, and 80s" at the National Arts Centre. Just a few short weeks later, they were ecstatic to finally be leaving for their great adventure to the nation's capital.

Once in Ottawa, they couldn't wait to see their hotel room. As they walked in, they were beaming from head to toe as they couldn't believe how big the beds were and how many pillows each had. They quickly chose their beds and settled in before going out to explore. This is what they'd been waiting for.

After a quick dinner out, they headed back to the hotel, found the pool area, and enjoyed a bit of swimming followed by a leisurely lounge in the hot tub. The hotel was quite busy and by the end of the evening they had met many people from all over Canada. They were happy and exhausted, and once back in their room, were ready to get to bed as Saturday promised to be a busy day.

The next morning they were treated to a big breakfast in bed complete with coffee and juice! They felt like kings and were pretty excited to get out and see what the rest of the day had in store. When breakfast was done, they headed to the Canadian Tire Centre for the matinee of "Disney on Ice". They had excellent seats and were able to see the show perfectly. Both were impressed at how real the characters looked and were mesmerized by the lights and music. When asked what their favourite parts were, they couldn't stop talking about the classic cars spinning around the ice as though they were dancing. They were also amazed by the beautiful fairy dangling from the ceiling. The show was truly memorable and they loved every minute of it.

After the show they headed to Zaks Diner for lunch. The guys loved the old style diner and Matt loved the food, saying it was "superb". It was a great end to the first half of their big day in Ottawa.

After lunch, everyone went back to the hotel to unwind for a bit before heading to the NAC. In the early evening, Matt and Dale got dressed up and polished their microphones to get them ready for their big night out. The NAC was huge and magnificent. They couldn't wait to see the "Rocking to the Decades, 60s, 70s, and 80s" musical performance and have a chance to sing along to the music. The seats had a great view of the stage and the music was fun and uplifting. Overall the concert was amazing and everyone had a blast. Both Matt and Dale were very glad to get back to the hotel as they were exhausted after such a long day. They were both asleep in minutes.

The next morning, after enjoying another big breakfast at the hotel, they decided to add one more stop to their already busy weekend. They chose to explore one of the many great museums in Ottawa - The Canada Aviation and Space Museum. The museum had a lot of interactive displays that allowed them to be hands-on with some of the exhibits and both really enjoyed seeing the numerous full-sized aircraft. Their last stop before heading home was the gift shop and after purchasing souvenirs, both couldn't stop talking about coming back to Ottawa again to explore more museums.

On the car ride home, Matt and Dale talked about the fun times they shared that weekend. It was obvious their friendship had grown and that they would soon be planning another great adventure. It wasn't long before both men were fast asleep and dreaming of their next big adventure.

What comes next? Stay tuned for the next big tale of Matt and Dale taking on the big city.

# THANK YOU FOR YOUR SUPPORT!

On February 28th, 2015, 24 teams gathered to face off for a friendly game of curling at the 19th Annual Helen Lyle Memorial Curling Bonspiel. With over 120 people in attendance, there was lots of fun and laughter (and some tumbles on the ice) as first time curlers, serious curling veterans and some sporting some seriously fun attire gathered together to take part in the event. A silent auction and 50/50 draw in support of the Community Options program also took place, with over \$3000 raised! These funds will be used towards the Accessible Museums Project; a partnership between Community Options and three local museums that aims to develop educational programs at the museums for participants of Community Options. Thank you to the many individuals and businesses listed below who generously donated items towards the silent auction. This fun and successful event would not have been possible without the efforts of Wade and Donna Wright; thank you for making this successful and enjoyable day possible!

Thank you to those who donated in support of Community Options:

<i>Bathfitter</i>	<i>4Cats Art Studio</i>	<i>All Star Learning</i>	<i>Marg Hart-Nadon, Epicure Representative</i>	<i>Bread &amp; Butter Bakery</i>	<i>Medieval Times Dinner Tournament</i>
<i>City Sight Seeing Toronto</i>	<i>Mysteriously Yours Dinner Theatre, Toronto</i>	<i>Stinson Studios, Handcrafted wooden bowls</i>	<i>Tony Deodato &amp; Sons, Wholesale Fruit and Vegetables</i>	<i>The Amber Room</i>	<i>Shiva's Delight, Eco Luxurious Skin Care</i>
<i>Wellington Acupuncture and Massage</i>	<i>Herman's Automotive</i>	<i>Sonny's Automotive</i>	<i>Kingston Integrated Health Care</i>	<i>Nutrition House</i>	<i>Jessica Marshall, Silpada Representative</i>
<i>The Glorious Sons</i>	<i>Paradiso Pizza</i>	<i>Old Fort Henry</i>	<i>Domino's Pizza</i>	<i>David's Tea</i>	<i>Ted Hsu, MP</i>
<i>TDL</i>	<i>Avanta Salon and Spa</i>	<i>Playtrium</i>	<i>Sugar Swan, Kingston's Best Candy Store</i>	<i>Tallack Martial Arts</i>	<i>The Grand Theatre</i>
<i>Domino Theatre</i>	<i>Sterling</i>	<i>Ongwanada</i>	<i>In Bloom, Floral and Home Decor</i>	<i>Fly FM</i>	<i>Your Place or Mine, Home Hairstyling</i>
<i>Brockville Speedway</i>	<i>Sunrise Health and Healing</i>	<i>The Rose and Crown Restaurant</i>	<i>Cataraqi Town Centre</i>	<i>Siobhan Gillepsie, Scentsy and Avon Representative</i>	<i>Mercury Massage</i>
<i>Black Dog Pottery</i>	<i>Ambassador Hotel</i>	<i>Home Depot</i>	<i>Garrison Golf and Curling Club</i>	<i>Dream Catcher Farm</i>	<i>Treetop Trekking, Ontario Zipline Parks</i>
<i>Canadian War Museum and Canadian Museum of History</i>	<i>Holiday Inn, Kingston Waterfront</i>	<i>Darbar Restaurant</i>	<i>Cedar Valley Golf and Country Club</i>	<i>Mutt Hutt and Spaw</i>	<i>Little Ray's Reptile Zoo</i>
<i>Diaper Cakes by Slavka</i>	<i>Car Medics</i>	<i>Lan Nail and Spa</i>	<i>Westben Arts Festival Theatre Concert</i>	<i>Water Store</i>	<i>Taylorred Training</i>
<i>Compass Fitness</i>	<i>Fit Aid</i>	<i>Brantford Twin Valley Zoo</i>	<i>Granby Zoo</i>	<i>Quesada Burrito</i>	<i>Prescott Golf Club</i>
	<i>Angela Martin Photography</i>	<i>Elizabeth Hesp Fine Art</i>	<i>Wade Wright</i>	<i>Jan Theoret, Pampered Chef Representative</i>	



# THE VOLUNTEER SIDE

## Volunteer Perspectives

*Jazmin Chard and Alison Prest*

*Jazmin and Alison are two students who have been volunteering for Community Living Kingston and District by assisting at Helen Tufts Nursery School (HTNS) for three school years. They each would like to share their experiences.*

### Jasmin's story:



Through my schooling as a Concurrent Education student at Queen's University, my summer job running a children's club and plenty of babysitting jobs, I have had plenty of experience with children. But thanks to Community Living Kingston and District, I have gained experience like none other by volunteering at Helen Tufts Nursery school for three years with some incredibly unique kids. The nursery school's amazing staff provides a safe, loving and educational environment for the children who attend. Over the past few years there have been children come and go and others who have attended for multiple years. Everyone was special, and they each have taught me something more than any classroom or textbook ever has.

Some children taught me patience and perseverance, through their frustration that turned into a determination to make their voices heard. Others taught

me the power of play, by using their imaginations to create new worlds and bring their friends along for the ride. Some have taught me that words are not always needed for communication, and sometimes compassion and understanding are all that is needed to form positive relationships. Overall, I feel privileged to be able to play with, teach and learn from this fantastic group of kids! All of this would not be possible without the unbelievable staff at Helen Tufts Nursery School. They each go above and beyond for the attending children, providing them with support and encouragement to reach success. The positivity at Helen Tufts Nursery School is undeniable due to the dynamic group of students and staff, and I am so grateful for my experience.

### Allison's story:



For the last three years I have been privileged to volunteer at Helen Tufts Nursery School (HTNS). Each week when I arrive at the daycare I'm greeted by warm smiles. The children are so wonderful and happy it is impossible to not love volunteering at HTNS. The children begin their morning with

*continued on next page*

**GET INVOLVED WITH COMMUNITY LIVING KINGSTON and DISTRICT!**  
***Even an hour a week can make a difference in someone's life...***

*To find out more about our current volunteer, respite and Family Home opportunities contact Eleanor at 613-546-6613 ext. 284 or [volunteer@clkingston.ca](mailto:volunteer@clkingston.ca)*

*Already involved? Pass the word – someone you know can make a difference too!*

## Perspectives continued from previous page

breakfast and playing, one group then goes to the gym until snack after which time the two groups switch. The children learn through play with themes of activities that are changed weekly. The children are never limited in what they can do and are always treated as individuals.

One of my favourite memories volunteering at Helen Tufts Nursery School was accompanying them on their field trip to a local farm. It was early fall and we went to a farm just outside of Kingston. The children had their morning snack outside on a blanket and then got to choose a pumpkin to decorate. The children were shown all the big pumpkins that had been grown that year. I remember the children truly enjoyed the experience and I thought it was nice for them to be exposed to new environments.

As a volunteer at Helen Tufts Nursery School I have been privileged to work with remarkable children and amazing staff. Over the past three years I have watched as less verbal children began communicating with their teachers and other children and watched the children be able to play together and apply skills that the teachers have been working on developing. Volunteering with HTNS inspired me to pursue a career in the field of education and child study. I will be attending teachers college in the fall with a specialization in special education. Working with the children and staff has enabled me to learn a variety of strategies for working with children with exceptionalities. I am endlessly thankful to have had the opportunity to volunteer with HTNS during my undergraduate career.

## 2015 QUEEN'S DANCE CLUB AWARD

*Ange Lam*

When I first start volunteering with Community Living Kingston and District in January, I really had no idea what I was committing myself to. I thought I was helping out someone who needed a dance teacher position filled, but now looking back, I can say that my experience has turned out to be so much more than that. Every week, I walk into a room full of students who are eager to learn and willing to try new things. I walk into a room filled with friends, adults who look up to me as their role model. As much my students think that I'm teaching them new dance steps, I can truly say that they have taught me so much more. My students have taught me patience, perseverance and passion, and to enjoy living in the moment.

I've had the privilege of meeting Eleonor, Helen and Zach, three wonderful staff at Community Living Kingston and

District who I owe my experience to. I recently applied for a scholarship award worth \$1000 through the Queen's Dance Club, a group which I am actively involved with on campus. Eleonor (with Helen and Zach's input) wrote me a lovely reference letter and I was pleasantly surprised when I was contacted by the club to say that I had been chosen as the recipient of the Dance Club Award for the 2015 school year. I am extremely thankful for their support during this application process, as I likely would not have been chosen to receive this award without their help.

I look forward to continuing to volunteer as a dance teacher with Community Living Kingston and District during my time at Queen's and being able to make a difference in the lives of adults with intellectual disabilities. Thank you for everything!



# OPENING DOORS...

*Sharing Experiences and Achievements in Residential Services*

## MIKE'S MARCH ADVENTURES

*Spencer Sims*

This past March, Michael Neff planned to go on a trip during his spring break from high school. Michael had said that he always wanted to go on a trip during March Break and since this was his last year it would be the perfect opportunity. Michael spoke with staff and organized a fun filled four days of travelling and sight seeing.

March 17th approached with high anticipation and excitement. Michael greeted me at the door and was "fired up" to leave Kingston. For anyone that knows Michael, I think he was more excited about the new rental vehicle over the fact we were leaving. After a good 15 minutes of checking over the bells and whistles of the new car, we were off.

After a quick stop for lunch we landed in the big city of Toronto. Michael was amazed at the size of the buildings asking me if they were "sky scrapers". This became a highlight of Toronto, as Michael seemed to pick out one bigger than the last. After a bit of exploring we headed to the Ripley's Believe it or Not Aquarium. Michael was fascinated by the all the different fish and the massive sharks. Soon thereafter we headed to our hotel to check in and then over the Medieval Times. Michael was extremely excited to see the knights dressed in their armour and enjoyed the show of them jousting.



The next day we loaded up our things and made our way to Niagara Falls. We headed to the Great Wolf Lodge. For anyone that hasn't been there before it is a massive log cabin with a water park built into the hotel! Michael was taken away by the large wooden structure, and our huge rooms with tall ceilings. We suited up and headed over to the waterpark, splashing around in the pools and singing out loud. Micheal was in the middle of one of his Elvis numbers when a passerby joined in and encouraged Michael to keep up the awesome singing. After spending a few hours soaking in the water and enjoying the wave pool we headed up for dinner. Afterwards Michael enjoyed exploring the country side of Niagara Falls on a beautiful nature walk.

On our third day, we started off with another trip to the water park. We spent a few hours jumping around, singing and even took a slide in. After finishing up Michael wanted to check out the massive water falls which he explained as "breathtaking". Afterwards we headed to the wax museums. Michael loved looking at the Dr. Phil statue along with Elvis and Johnny Cash. Since Michael is a huge Elvis fan, we decided that we would have dinner at the Hard Rock Cafe as they had a room dedicated to the King. Michael loved singing along and checking out all the memorabilia on the walls.

The fourth day was unfortunately the day we would be heading home. Although Michael was upset that the trip was over, he explained that he was ready to sleep in his own bed. Michael explained to me on the ride home that he felt like a rock star moving from one hotel to the next. Once home Michael was happy to tell everyone of our adventures and was extremely happy to be home.

# QUALITY IMPROVEMENT UPDATE

Jeff Harrison

As part of our quality improvement cycle, CLKD sets a number of performance goals each year. We are currently determining how we did at meeting these goals.

Here are a few results thus far:

- Targets around staff use of sick time were met in five of seven programs.
- Targets around reducing staff injuries across the organization were met.

- Targets around ensuring uninterrupted access to electronic files were not met.
- 93% of families served in the CCRCs program indicated satisfaction with services.
- 95% of persons served in all other programs indicated satisfaction with services.

All of our performance goals will be analyzed in the Annual Management Report, due out at the end of May..

## MORE NEWS AND VIEWS

### THE DOWN SYNDROME ASSOCIATION OF KINGSTON

Jocelyn Agravante

The Down Syndrome Association of Kingston, is a non-profit (charitable status pending) community support group for persons with Down syndrome and their parents, guardians, relatives and care workers. We run monthly meetings for parents to plan, socialize and learn and we have separate children's programming in the arts from September to May. We meet on the last Sunday of the month from 3-5 pm at H'art Studio. We also participate in social events in the community. For National Down Syndrome Awareness Week we had a family bowling event, we had a Christmas party, celebrated World Down Syndrome Day at Maple madness at Little Cataraqui Creek, and we participated in the CDC run with a post-party celebration afterwards.

Volunteers have been instrumental in participating at our monthly meetings with the children and helping with activities at our social events. Our children and families are appreciative of their time and dedication!

DSAK is about to hold its 2nd annual Golf Tournament on June 22, 2015 at the Colonnade Golf and Country Club. Individuals with Down syndrome are welcome to participate as golfers or greeters and to help with activities the day of the event. Community and student volunteers are welcome to assist in planning, organizing, and participating in any capacity.



For information about DSAK, refer to our website [www.downsyndromeassociationofkingston.com](http://www.downsyndromeassociationofkingston.com).

For more information about how you can get involved as a volunteer - please email [info@downsyndromeassociationofkingston.com](mailto:info@downsyndromeassociationofkingston.com).

facebook

Be sure to check out Community Living Kingston and District's page on Facebook. Learn about upcoming events, share opinions and hear about how others are making community living a reality.

Check us out at: [www.facebook.com/communitylivingkingston](http://www.facebook.com/communitylivingkingston)

# SPREAD THE WORD TO END THE WORD

TAKE YOUR PLEDGE  
TODAY AT [R-WORD.ORG](http://R-WORD.ORG)

SPREAD THE WORD  
TO END THE WORD

Talk

Think

#Write

with

# RESPECT

Youth, through Best Buddies and Special Olympics initiated a Spread the Word to End the Word Campaign seven years ago. Spread the Word to End the Word, is a day to build awareness for society to stop and think about its' use of the R-word. Use of the R-word, "retard" or "retarded" is hurtful to millions of people with intellectual and developmental disabilities and those who love them. The campaign is intended to get schools, communities and organizations to rally and pledge their support to help create communities of inclusion and acceptance for all people. The awareness day is held the first Wednesday of every March but people can pledge online at any time on [www.r-word.org](http://www.r-word.org).



March 4th was the official awareness day this year. At Community Living Kingston and District we had a banner in the front hall for people to sign and an online

pledge station. We approached local high schools to host awareness days and four high schools participated with enthusiasm. All the schools, had students sign banners that we provided and set up online pledge stations. The schools who participated, Holy Cross, QECVI, Ernestown Secondary and LCVI, had lots of great ideas about how to "Spread the Word" which included school announcements, talking to individual classes, handing out candy and stickers that said "I pledged" and more. One school, Holy Cross, created an amazing video using students with and without disabilities and staff and kindly provided us with a copy afterward. Our Best Buddies groups at St. Lawrence College and Queen's University participated as well. The newspaper, The Journal (Queen's University) did a full page article about the campaign. We also had the opportunity to speak about it on two radio stations, 98.3 FLY-FM and on Country 93.5. The Drive 98.9 passed information to all their announcers to use whenever they had an opportunity during their day to talk about the awareness day. We asked all our staff to spread the word by sending a message to all their friends, relatives and other contacts and encouraged the same on our facebook group.

It was a very successful day for our first attempt at hosting a Spread the Word to End the Word awareness day and we hope to grow this campaign next year by encouraging other schools to participate.

Language affects attitudes. Attitudes impact actions. Eliminating the use of the r- word is a step toward respect.

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Kingston and District

