

Aging At Home: Finding A Fit For Everyone

Tina Williams, Executive Director for Community Living Upper Ottawa Valley (CLUOV), made a presentation to Community Living Ontario on aging at home. This is part of the agency's commitment to sharing practices and processes that enhance people's quality of life.

CLUOV supports people who are in their 50s, 60s and 70s who live in long-term care facilities or seniors' residences. Some are quite content with this option, while others would rather explore alternative housing. We also support people in their 80s who have aged in place with the support of our agency, their families and health supports. We have found that it is important for support to be flexible as the needs of people change as they age.

For some in our sector, long-term care resembles an institutionalized setting, something that had impacts on people with intellectual disabilities when they were living separately from the community. In addition, long-term care



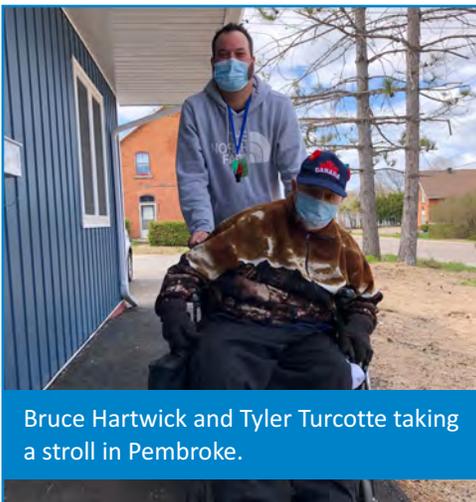
facilities should not be the only option available when a person's only health needs are directly related to having a disability. While it may seem that congregate care offers safety, addresses loneliness and saves on healthcare, there are independent living options that can also provide those supports. The key to creating those safeguards is having relationships. It is so important to have people in one's life who want good things for you, people who are willing to invest the time, energy and advocacy to help make that happen.

At CLUOV, we are trying to address housing needs by seeking community as

a first resort. We work with landlords, property owners and municipalities to help them provide good housing options. We work with employers, educators and social services to promote independence and seek ways for people to make contributions to society. We assist people in accessing in-home support, medical professionals and health promoters so they may age at home with dignity and respect.

We support someone's choice of where and with whom to live, when we promote and expect inclusion in recreation, employment or social settings then maybe the people we support will be able to expect the same at home. Quality of life should be correlated to each person's definition of what that means to them, a definition that often changes at varying stages of their life.

Our community is our greatest resource for helping us achieve these goals, and in the Upper Ottawa Valley, we are fortunate to have many partners who have joined us in this initiative.



Bruce Hartwick and Tyler Turcotte taking a stroll in Pembroke.



Mike Santone puts the toppings on his pizza for CLUOV's pizza day.



Stephen Gorr enjoying some vegetables grown from his garden.



Staff attended a Joe Roberts presentation about overcoming challenges in life.

Joe Roberts' Message Inspires Staff

In April, CLUOV staff attended Joe Roberts' virtual presentation, "How to Build Resiliency One Step at a Time - From Skid Row to CEO." In this virtual keynote, Roberts talked about how to build resiliency to overcome life's challenges and embrace change. What is most amazing about Roberts is that in 1989 he was living on the streets of Vancouver as a homeless skid row addict. Through perseverance, determination and his resilient human spirit, he pulled himself out of darkness and despair, to become a highly respected business and community leader.

Since 1989, Joe has acquired two college diplomas, become the CEO of one of Vancouver's leading multimedia companies and walked across Canada! He has been recognized by MacLean's Magazine as one of "10 Canadians who make a difference," received the Ontario Premier's Award for Business, was given an honorary doctorate from Laurentian University and was recognized by the Senate of Canada with their Canada 150 Medal. Roberts' message was inspiring, energetic, humorous, honest, raw and truly unforgettable. Learn more about Joe Roberts at www.skidrowceo.com

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Shelley Roberts and Ken Jones get in the St. Patrick's Day spirit!

The Native Education and Training Centre offers an online DSW program.

For information, visit www.nativetc.com



Do you want to work in a rewarding career? Consider a one-year training as a DSW!

DSW Program: Bi-Weekly Enrollments

If you are thinking about a career change and joining us as a Developmental Service Worker (DSW), this may be a program of interest to you.

The Native Education & Training College of Business, Healthcare, Human Services & Technology is offering an online DSW program. Students of the DSW program are trained to provide person-directed supports and services for people with developmental disabilities in a manner that is respectful and fosters self-determination and empowerment. Additionally, graduates are prepared to promote the development of inclusive communities.

The program is open to high school graduates, individuals with a GED or academic and career entrance certificate or mature students without a high school diploma. Students may receive credit for their theory hours if they have taken previous related courses by challenging the module test, and indicating performance demonstrations for that course.

The program is full-time (52 weeks, at 20 hours per week) and accepts enrollments bi-weekly.

For more information on this opportunity, you can visit <https://nativetc.com/website/education/diploma-programs/development-services-worker/>



Melvin Mittag on a tour of aircraft at Garrison Petawawa.

25th Golf Tournament A Success

This year we celebrated the 25th anniversary of our annual golf tournament on Friday, September 17th! Following last year's format, we had tee times available from 8:30am to 12:30pm for golfers who wished to participate in our milestone golf event! We played at the Oaks of Cobden Golf Club.

Players had 18 holes of golf, power carts and lunch for their \$100 entry fee. They also received a swag bag, won specialty draws, prizes and more.

Proceeds from our golf tournament support our Outcomes Fund at Community Living. This is a fund that is

truly appreciated by the people we support. Past funds have helped with the purchase of important supports such as a wheelchair that might not otherwise have been possible to obtain. The funds have also provided opportunities for experiences, such as a trip to Ripley's Aquarium or sporting events. During the pandemic, this fund has often been the highlight for many people connected to our agency through local trips and fun activities, in addition to supports not covered by disability programs. We appreciate everyone who participated in this year's event.



Our 25th Anniversary!
GOLF EVENT

Golf Day 2021

COMMUNITY LIVING
Upper Ottawa Valley

Friday, September 17th
Tee Times: 8:00am-12:40pm
Oaks of Cobden Golf Course

Thank you for your support!

Watch our next issue of In Touch for photos and a wrap-up of our 25th golf tournament.

New Members Join Board of Directors

Community Living Upper Ottawa Valley is happy to welcome two new members to our board of directors.

This spring, we welcomed Andrew Palubiskie and Lauren Parcher to our governance team!

Palubiskie is a Business and Finance Advisor at Ontario Power Generation Inc. and is currently working towards his CPA designation. He has participated in the RBC Blue Water Project, CIBC Run for a Cure, and has volunteered at the Arnprior and District Memorial Hospital.

Parcher works for our local women's shelter, the Bernadette McCann House. She is an outreach caseworker and also has previous experience working in the developmental services sector.

Palubiskie and Parcher join Elaine Neigel, Megan Evans, Laura Mayo, Avery Munro, Leigh Costello and Keith Rae as members of our board of directors.

Thinking Of A Volunteer Role With Real Impact?

Our board of directors meet monthly to help our agency promote the message of inclusion in the community. Our board members are invited to participate in our many professional development opportunities, social commitments and fundraising outreach. If this is a role that interests you, please reach out to us and we can talk more about how you can join our board or be part of our committees. It's a guarantee of a role with local impact.



Lisa Teevens celebrating a sparkly Valentine's Day with some crafts.

Could you
Share Your Home?

A spare room could give someone a place to call home. Ask us!

LifeShare

Email Stephanie Moss: info@cluov.ca



Andrew Palubiskie has joined the CLUOV Board of Directors.



Lauren Parcher is a new member of the CLUOV Board of Directors.

Celebrating The Little Things In Life: A Review

With community and provincial restrictions, many people felt the impact of fewer opportunities for celebrations this year. The creativity and enthusiasm of our staff teams shined through and was a welcome light in an otherwise worrisome year. Here are some activities that some of the people we support enjoyed this summer.

Growing gardens: herbs, vegetables, flowers, sometimes getting down in the dirt, others chose to have garden boxes, hanging planters or seasonal displays.

Family visits: going to parks, campfires and planned visits with loved ones.

Enjoying the backyard: new patio furniture, life-size Jenga games, BBQs, cornhole tournaments and word search

on a new swing. People made the best use of the outdoor space they have.

Getting to know the Valley: people went to beaches, bought new cycles (trikes and bikes), tried their hand at golf and basketball and had picnics in the park.



Andrew Foley enjoying some kitchen upgrades that were done at his home



Allan Garrah gets ready to take a stroll outside at Heritage Manor in Pembroke.



Morgan Singer was part of our drive-by staff appreciation day.

Three Staff Attend OASIS Conference

In May, three members of the Community Living Upper Ottawa Valley (CLUOV) staff - Candice Palubiski, Michaela Flipsen and Sherrie Haskin - took part in the Ontario Agencies Supporting Individuals with Special Needs (OASIS) virtual conference. The event featured inspiring keynote speakers, panel discussions and a wide range of break out sessions that explored where the developmental services sector has been throughout the pandemic, where the sector is at present and where it hopes to go over the next few years. The online conference was an interactive and engaging experience through the virtual platform, with games, prizes and networking opportunities. OASIS provides leadership, idea sharing and knowledge, and interacts with government and other organizations on issues affecting its members.

AGM Offers Free Movie To The Public

On September 22, Community Living Upper Ottawa Valley will host our annual general meeting (AGM). This year's meeting will again be held at the Skylight Drive-In on Forest Lea Road in Pembroke. We held our AGM at this location in 2020 as well and it was a huge success!

The meeting will start at 7:00pm with a review of our annual report, recognition of staff employment

milestones and a guest speaker. The business portion of the meeting will be approximately 30 minutes and then attendees will be treated to a movie.

The event is free for any members of the public to attend. Please let us know if you are coming so we can account for your numbers. Email Amy Desrochers at adesrochers@cluov.ca or by calling 613-735-0659 ext.220. We look forward to seeing you there!

AGM 2021
ANNUAL GENERAL MEETING

Wednesday, September 22

**FREE ADMISSION
FOR EVERYONE!**

7:00pm Start

**Movie: Free Guy
with Ryan Reynolds**

Skylight Drive-In on Forest Lea Road in Pembroke

Come out for a free movie on September 22nd at the AGM. We'd love to have you!

68th Community Living Ontario Conference This Fall

Members from CLUOV will be attending the Community Living Ontario annual conference (virtually) from September 30 to October 1. The theme of this year's conference is Still In This Together: Expanding Possibilities for Lasting Change.

This conference aims to provide an event that will inspire innovation,

collaboration and thinking outside of the box. The event features keynote speaker, Susan Aglukark, an award-winning Inuk singer-songwriter. Sessions will include asset-based community development, families influencing health partners and policy, holistic and intersectional harm reduction services, finding an identity and empowering

your voice, mental health, support for anxiety, staying connected during COVID, developmental services reform and expanding vision as people age. CLUOV has been a strong participant in this annual conference and looks forward to using the information provided at this year's event to strengthen the local agency work.



Lori Buchan and Melissa Hoffman at our drive-by staff appreciation event.



The Community Living Ontario conference will be held September 30 to October 1.



Cate Collins delivered a powerful message on mindful leadership strategies.

Executive Award For Housing Partners

Each year, Community Living Upper Ottawa Valley's (CLUOV) Board of Directors acknowledges community businesses, groups and individuals through the presentation of an Executive Award. This award is presented "in recognition of outstanding achievements in advancing the goal and vision of Community Living Upper Ottawa Valley." Our board unanimously agreed that this year's

Executive Award be presented to our agency's dedicated and supportive housing partners who have carried on the same inclusive community values that reflect our vision towards independent housing goals.

As part of our annual general meeting, we are recognizing Phil Bennett, Tom Kobylecki, Kai Laporte, Andrew Plummer, Stephanie Litschgy, and John Moreau.

Helping Employers Identify Strategies

In partnership with our local developmental services planning table, Inclusion Renfrew County (IRC), Community Living and several other local agencies worked together to host professional speaker, coach and CEO of Powerful Journey Consulting, Cate Collins this past May. Collins provided a professional development opportunity for staff. With an extensive background in counselling, Collins has helped thousands of teams and their staff be healthier and more successful. As a former (and now recovered) burned out leader, Collins shared strategies on how to identify triggers and implement proven resilient strategies. She talked about how to build a highly engaged workforce, shared mindful leadership strategies and led an exercise that shared how staff can have more balance, purpose and success in their daily lives.



Tina Williams presents Phil Bennett with one of the 2021 CLUOV Executive Awards.



Greg Leslie is enjoying some homemade pizza as part of CLUOV's pizza day.

Some Interesting Facts on CLUOV

3668

This is the number of hours of support provided every week by staff at Community Living Upper Ottawa Valley

133

This is the number of staff currently employed by Community Living Upper Ottawa Valley

156

This is the number of people supported by Community Living Upper Ottawa Valley

20

This is the number of current staff at Community Living Upper Ottawa Valley that have been hired in 2021

46

This is the number of local employers that employ people with intellectual disabilities connected to BEE Successful (an employment support program)

9

This is number of current positions held on the Community Living Upper Ottawa Valley Board of Directors

7

This is the number of properties owned by Community Living Upper Ottawa Valley. This number is down from 11!

Fun Days, Videos and Mobi-Mat



Jen Debenham and Tina Williams participate in the staff appreciation drive-by event.

Staff Appreciation Drive-By Day

It has been a long year filled with virtual hugs, meetings and no social events, which caused us to change how we do many of our activities. One of these changes was for a staff appreciation drive-by day. CLUOV employees participated in social-distanced chats, had windshield washer fill-ups, were provided with sidewalk chalk and stickers for their kids, and enjoyed snacks and treats – all from the comfort of their vehicles! We really appreciate everything our staff members do, and especially this year during pandemic restrictions. Well done everyone!

Virtual Pizza Making Night

The only thing better than pizza is pizza you made yourself! In July, CLUOV staff organized a virtual pizza making night that included individuals supported by

Community Living. Homemade pizza making kits were picked up and delivered from Joe's Pizza in Pembroke. While in-person events and social activities were still limited, our employees wanted to have an interactive and fun night where everyone could get involved, catch up and enjoy some local pizzas in the comfort of our own homes.

Developmental Services Video

CLUOV is working with NETC and Kaily Kay Strategy & Creatives to produce a developmental services worker (DSW) promotional video. The video will focus on Renfrew and Lanark Counties. It shows what it's like to work at Community Living Upper Ottawa Valley, the job opportunities that exist for DSWs and what "a day in the life" looks like for someone working in the social services industry.

Mobi-Mat in Petawawa

The Town of Petawawa installed a mobi-mat at the Petawawa Point Beach this summer and offered a new way for people to reach the water's edge. The mobi-mat surface allows for people with disabilities or walking difficulties (ie: use of walkers, etc.) and parents with strollers to cross the sand and access the water. The portable roll-out mats are non-slip, semi-rigid surfaces that expand beaches into accessible places.



The Town of Petawawa's mobi-mat allowed more accessibility to the beach!

31 Days Of Inclusion: Living Stories



Ashley Corbett shared her experience as part of the 31 Days of Inclusion campaign.

For the past couple of years we have celebrated Community Living Month in May with 31 days of inclusion stories on our Facebook page. This year, we featured inclusive housing and shared stories of how people supported by Community Living were empowered to choose how they wish to live - independently, with families and with roommates.

The stories also illustrated the partnerships our agency has been able to form when it comes to inclusive housing opportunities. These partnerships include apartment complexes, developers and builders, families with rooms to rent and senior living complexes throughout our region. The program has been so impactful to our agency that this year, the board of directors chose to recognize several individuals who have helped in our

inclusive housing initiatives with the annual Executive Award. This award will be presented at the September 22 annual general meeting.

One of the most important aspects of gaining independence in life is choosing how you wish to live and the stories we featured in May really highlighted those choices. Several individuals made the decision to move closer to amenities such as shopping, parks and work. Others chose to build lives together with roommates and as married couples in housing options that connected them with neighbours or families. For those wishing to live independently, the choice to do so was based on being able to live the life and lifestyle that mattered most to them.

Inclusive housing is a goal that Community Living has worked on for many years, and a success story we have shared with other agencies throughout the province and within the Community Living and inclusive agency networks. This is an ongoing initiative and we continue to seek out opportunities for partnerships as a way to continue to positively impact the quality of life for people connected to our agency for supports. If you are a property manager, developer or family with extra living space, please reach out to us about the needs we have for the future. Contact Tina Williams at twilliams@cluov.ca.



Jennifer Debenham is the new Executive Director at CL Renfrew County South.

CLUOV Supervisor Earns ED Role At Renfrew County South

One of the things we are most proud of at our agency is seeing our employees grow to their full potential. We are strong supporters of encouraging growth from within our organization, and sometimes, that growth expands beyond our organization. This is the case for one of our long-time employees, Jennifer Debenham, who has been chosen as the successful candidate for the Executive Director's position at Community Living Renfrew County South.

Debenham took the opportunity to participate in many leadership and outreach roles at Community Living Upper Ottawa Valley. She was a consistent representative of our agency when speaking to Algonquin College students about the role of a support worker, she participated in staff committees and fundraising initiatives and continued to support new direct support professionals who joined our organization. Debenham was in the supervisor's role with us for five and a half years.

While we will miss her as part of our agency, we look forward to working with her in her new role in Renfrew & area with our neighbouring organization, Renfrew County South.

Looking For Good Tenants?

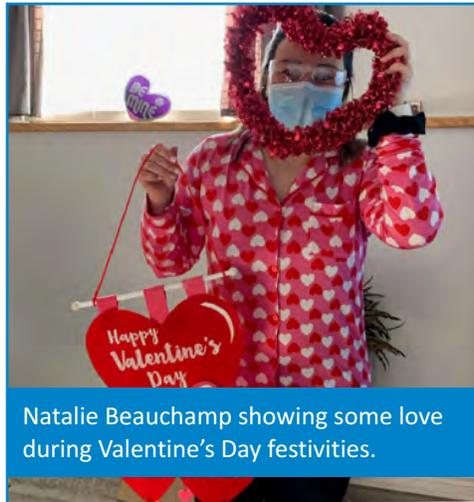
If you have a property and are interested in long-term renters, talk to us.

Speak to Tina Williams:
twilliams@cluov.ca
Phone: 613-735-0659

Thinking Of A Career Change? Think Of Us!

For many, the COVID-19 pandemic has caused a significant change in how they view their careers. A break from the nine-to-five schedule in the office has been welcome for some people who have discovered a greater appreciation for time with families. If this is something you or someone you know has been experiencing, we would invite you to consider a career as a Community Living Worker.

The flexibility of the position of Community Living Worker tends to work well for people who enjoy a career that gives them an equal combination of independence and workplace support. One of the regular comments we hear from our staff is that every day is different, and that makes this kind of work attractive to many who enjoy a varied day. While there can often be no set agenda for the day, there are always full supports from supervisors and other



Natalie Beauchamp showing some love during Valentine's Day festivities.

team members which support your career goals and encourage collaboration in a friendly environment. You have independence in your day while working towards a collective goal.

As you look through this newsletter, you can see the kinds of activities that our Community Living Workers experience as part of their employment

commitments. You will also notice the furthering of education opportunities that are available and how our agency is one that chooses to be a leader in provincial initiatives by sharing best practices with other agencies. Our local collaborative work environment is led by collaborative provincial Community Living leadership which allows us all to make gains that we could never do on our own.

We have a regular intake for Community Living Workers and would invite you to reach out to us if this is an opportunity you would like to explore. We offer a competitive salary, a very good benefits plan and a work environment that is impactful and fulfilling.

Contact Sarah Dube, Human Resources Assistant, at sdube@cluov.ca for more information.

Help Us Support Our Self-Advocates In Speakers' Bureau

Members of the Community Living Upper Ottawa Valley Speakers' Bureau use this initiative to develop their self-advocacy skills. Through public speaking, they share life stories and experiences that have helped them overcome the challenge of advocating for themselves. While self-advocacy is a skill that many people learn to develop, it is a truly important aspect for people

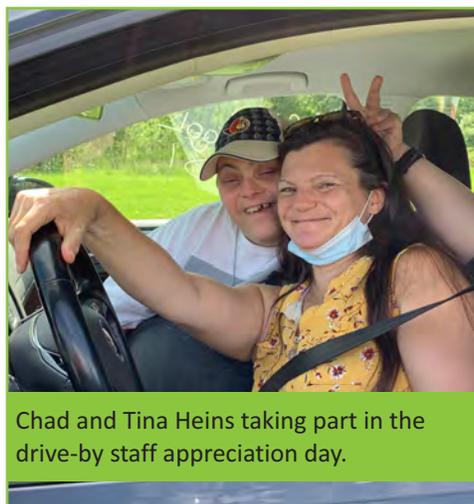
with intellectual disabilities to be able to speak up in social, medical and professional settings.

Prior to COVID-19, the Speakers' Bureau was incredibly active in the community, attending events and integrating with organizations that learned from their experiences. This expanded to include accessibility meetings and other municipally-led

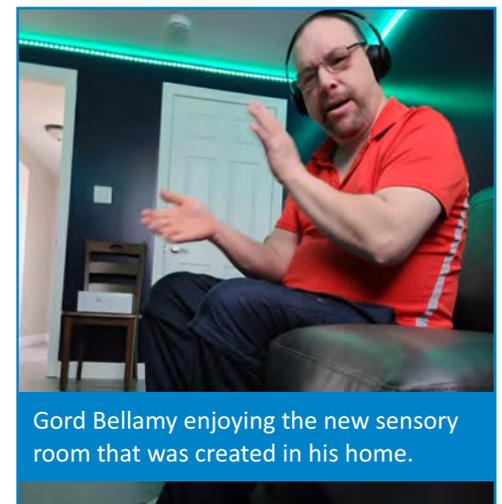
initiatives. While COVID-19 has prevented these opportunities as they have traditionally occurred, the "Hidden Valley Gems' Tour" has highlighted visits to the Bonnechere Caves and soon will be featuring Hugli's Blueberry Ranch. Reach out to Connie Edwards at cedwards@cluov.ca if you have an opportunity for the Speakers' Bureau to make a virtual presentation.



Mark Raglan pulls some homemade pizza out of the oven during pizza day.



Chad and Tina Heins taking part in the drive-by staff appreciation day.



Gord Bellamy enjoying the new sensory room that was created in his home.