

CLAPW E-Newsletter Spring Edition 2019



Message from CLAPW's AKTION CLUB Newsletter

The **CLAPW AKTION CLUB** did a lot of great work for the community last year. In the summer, they held their annual **BBQ** at head office which raised enough money to purchase 6 bed rolls for Sleeping Children Around the World. Throughout the year they collected over 50 winter coats for their **coat drive** which were donated to Rose of Durham, Catholic Family Services of Durham, Luke's Place and Driven Durham. In December, gifts were purchased for two Durham senior residents through the **Santa for Seniors initiative**. They also collected **160 new pairs of socks** for the SOCKS organization which were given to the lead organizer, Terrol Maciver at the January meeting.

A Life Well Lived

It is with heartfelt sadness that we announced the passing of **Bill Girling** on Tuesday January 22, 2019. **Bill was a wonderful man, a devoted husband and loving father.** He was also an incredible community builder who gave unselfishly of his time to make life better for others. For more than 50 years he volunteered within the developmental services sector, primarily at Community Living Ajax Pickering and Whitby and with Community Living Toronto. He spent many hours scoring for the Community Living bowling league and for **Special Olympics Ontario**. He also provided guidance and leadership as a dedicated, thoughtful board member. Bill was always **quick to laugh and had sparkling blue eyes** that were the first giveaway to his kind, generous and helpful nature. Bill died peacefully in his sleep after a lengthy, difficult battle with Congestive Heart Failure. And, in keeping with Bill's giving nature, he asked that in lieu of flowers, donations be made to CLAPW. Rest easy, Bill and **thank you for your leadership.**

Tricia and Bill Girling



SPORTING COLOURS FOR A CAUSE!

We've had a busy and **COLOURFUL** few months at CLAPW. To raise awareness for causes that are important to us we donned **PURPLE** to raise awareness for Epilepsy, **PINK** to raise awareness about Bullying Prevention, **BLUE** to raise awareness about Autism and finally we wore our **BRIGHT and COLOURFUL** socks to raise awareness about Down Syndrome. Thanks to everyone who got into the spirit of things. Sporting the colours of the day is a fun and lighthearted way to raise awareness and we will continue our advocacy work around all causes that impact the people we serve.



AKTION CLUB TURNS 15!



It has been 15 years since the **Kiwanis Aktion Club** first began at CLAPW. The Don Albert Club members celebrated the milestone at a recent meeting where original members, including founding member **Chris Andrew**, received recognition certificates. Kiwanis is all about community building and supporting others and the Don Albert Club has excelled in this regard. Well done to all members, we are proud of you!

“Alone we can do so little; together we can do so much” – Helen Keller



CLAPW ACTIVITIES



The Valentines Dance was a huge success thanks to our wonderful volunteers. The **Spring Fling Dance** was hosted by the **Heroes Self Advocates Group** on **Wednesday April 24** at the Ajax Legion on Hunt Street. This was the first time that the Heroes group ran the dance and they did a fantastic job! The music was amazing and the dance floor was filled all night long! Stay tuned for the next dance on June 26, 2019 with a special theme to help kick off the summer!

TORONTO FOOTBALL CLUB

Fred, Robert and Jim had a wonderful outing recently and were hosted by the **TFC in a VIP guest suite**. This outing was a prelude to Community Living Day being hosted by the ARGOS on July 06, 2019. Watch our website and follow our social media feeds for more information on ticket sales in the coming weeks. ARRRRRRGOOOSS!



THE 'SOLE' SISTERS

Sue, Sarah Jane and Tina look like they are having a great time walking laps at the **McLean Centre in Ajax**. With pedometers to track their progress the women are having a good time while getting fit. This program ran from December to March and helps people keep fit, while staying warm during the winter.

“True friends are like diamonds – bright, beautiful, valuable, and always in style.” Nicole Richie



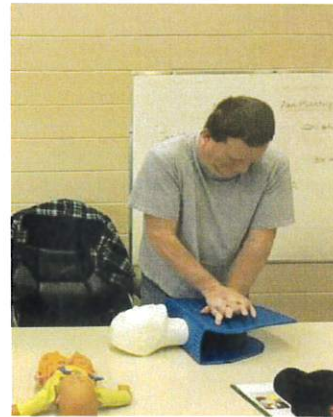
COMMUNITY EMPLOYMENT PROGRAM



For many years CLAPW has operated a **Supportive Employment Program** and some of our participants have held the same exciting jobs for many years. Here's Ashley who has worked in the bakery at Metro in Ajax for 14 years. Our **Employment Support Professionals**, Eric, Nancy and Kelly are currently supporting 52 people in supportive employment.

CPR

Denis took some time from his busy schedule to learn CPR. Portable skills are important, and we help people involved with the **Supportive Employment Program** to have skills that help them to market themselves to potential employers.



COMMUNITY PARTICIPATION PROGRAM



People involved in the **Community Participation Program (CPP)** have been busy these past few months. Day trips to Windreach Farms to enjoy outdoor activities has become very popular. Snow did not slow us down, but rather gave us an opportunity to try snowshoeing. As much as we enjoyed winter at the farm, we are very excited to see what spring will bring.!

"Disability need not be an obstacle to success."

Stephen Hawking

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Message from the Chair of the Board-Joe Visconti



I would like to welcome our newest Board member, **Wendy Odell**, to our organization. The Board is looking forward to working with Wendy. Note that we are still open to people who might want to consider joining the Board of CLAPW. Please check our website for details.

I would like to give a huge 'thank you' to **Mr. Don Laughton**. Don's advice, knowledge and extensive expertise played a key role to our financial operation over the past 3 years. Thank you, Don!

CLAPW continues to be a very busy organization and one of the places to be is at the Community Participation Program where activities and events continue to be added and new volunteers come to to work with our supported people. We are so fortunate to have so many **wonderful volunteers** throughout our organization and value all their contributions!

Our dances continue to be very successful. These dances are hosted by the Heroes Self-Advocates Group who are doing a wonderful job! Our Christmas Dance Committee met for the first time early in April and they have already begun to plan for the Christmas 2019 dance. More details to come.

I would like to acknowledge the passing of a tremendous friend of Community Living, Ajax, Pickering, Whitby, **Mr. Bill Girling**, father of Tricia. He was recognized as "a force" in Community Living both in our organization and in Community Living Toronto.

As the nicer weather approaches, we look forward to the times that we will be able to **gather as a community** by participating in outdoor events and activities.

Message from the Executive Director-Lisa McNee Baker



After what seemed like the endless winter, is sure is good to see spring finally arrive. As you can see from the pictures in this newsletter, the long snowy winter did not slow us down at CLAPW. The people involved in the CPP program have been busy and took advantage of the colder weather to try snowshoeing and tobogganing up at Windreach Farm.

And, for those who preferred to stay indoors we have offered all kinds of great activities at **Dowty Road** including knitting, sewing, cooking, book club, yoga, dancing and art-based activities. As we continue to transform the day program, we have made several **physical changes to 177 Dowty Road** to make the space more conducive for a recreation activity-based program site.

We have been working hard at **operationalizing our strategic plan** to create a map or guiding tool for our work over the next few years. We continue to focus on top quality services that operate in full compliance with ministry guidelines. We appreciate the hard work and dedication of our staff, including our **Direct Support Professionals** who make such an incredible difference in the lives of the people we support. We continue to have a shortage of part-time staff and encourage you to spread the word to people who are considering work in the Developmental Services sector to consider CLAPW as a place of employment.



RESOURCES

THE P4P PLANNING NETWORK

“Who will love and protect our sons and daughters with a disability when we no longer can?”

In 2014 Partners for Planning launched the P4P Planning Network as a response to this pressing question. Every resource is designed specifically for you – the relative, friend or caregiver of a person with a disability. As a family formed and led organization they know that planning for a person living with a disability takes effort and intention. From relationship building to school transitions, community involvement, financial objectives and more – very little happens without planning. Families must envision, strategize and above all, take action. The Planning Network helps you navigate each step and life stage, empowering you with all the right tools and inspiration along the way. Find out more about some initiatives being approached by clicking the link below.

<http://www.planningnetwork.ca/en-ca/Resources/23092/Housing-Task-Force-Booklet>

People with developmental disabilities fare worse in the health system across multiple indicators



Report from ICES finds that Ontario adults with developmental disabilities experience worse health outcomes, regardless of age, sex, neighbourhood income or type of developmental disability. For most indicators, these outcomes are more likely with age.



The researchers looked at health records for nearly 65,000 Ontarian adults under the age of 65 with developmental disabilities such as Down syndrome or autism. They looked at the records over a six year period (2010-2016) and compared them to Ontarians who don't have these disabilities.

“I would like doctors to have a little more time for people with disabilities, and be more understanding. We're a little slower than other people are. We need more time to talk to them.”

— Michael, self-advocate

HIGHER RATES OF POOR HEALTH OUTCOMES FOR ADULTS WITH DEVELOPMENTAL DISABILITIES COMPARED TO ADULTS WITH NO DEVELOPMENTAL DISABILITIES ONTARIO (2010 - 2016)

30-DAY REPEAT ED VISITS	30-DAY REPEAT HOSPITALIZATIONS	ALTERNATE LEVEL OF CARE	LONG-TERM CARE	PREMATURE MORTALITY
Likelihood of having at least one return visit to an ED within 30 days of an earlier visit or hospitalization.	Likelihood of having a repeat hospitalization within 30 days of a previous discharge.	Likelihood of having to remain in hospital despite being recovered enough for discharge.	Likelihood of living in a long-term care facility.	Likelihood of dying before the age of 75 years.
Nearly 2X higher	More than 3X higher	6.5X higher	17.5X higher	Nearly 4X higher
34.5% vs. 19.6% DD no DD	7.4% vs. 2.3% DD no DD	4.6% vs. 0.7% DD no DD	3.5% vs. 0.2% DD no DD	6.1% vs. 1.6% DD no DD

Lin E et al. Addressing Gaps in the Health Care Services Used by Adults with Developmental Disabilities in Ontario. ICES, 2019.

The report, Addressing Gaps in the Health Care Services Used by Adults with Developmental Disabilities in Ontario, takes an integrated, cross-sectoral look at the experiences and health-care related outcomes of over 64,000 Ontario residents with developmental disabilities over six years. The key findings are that, across all five of the evaluated outcomes, adults with developmental disabilities consistently fared worse compared to adults without developmental disabilities. This holds true regardless of age, sex, the wealth or poverty of the neighbourhood where they lived, or the kind of developmental disability they had.

ICES Data. Discovery. Better Health. ices.on.ca



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Researcher recommendations to improve hospital outcomes:

1. Follow the rule of Nothing about us without us. People with disabilities and their families and supporters should be fully and meaningfully involved in the development of policies, programs and services that affect their lives.

2. A range of proactive supports and health care services should be provided in the community that are appropriate for and accommodate the specific needs of people with developmental disabilities.

3. Appropriate supports and health care services should be available and accessible in emergency department, hospital and long-term care settings.

4. When adults with developmental disabilities transition between different health care services or between health care and community settings, these transitions should be planned, well coordinated and seamless.

For the full report click this link

<https://www.ices.on.ca/Publications/Atlases-and-Reports/2019/Addressing-Gaps-in-the-Health-Care-Services-Used-by-Adults-with-Developmental-Disabilities>

TECHNOLOGY AND INDEPENDANCE



www.EnablingTech.ca

We are pleased to announce the launch of the EnablingTech.ca website, a **FREE resource and community partnership** designed to connect people with technology!

- ✓ Learn about smart homes and how to set one up
- ✓ Find curated tech for people, families & supporters
- ✓ Explore content from family leaders and hear innovative stories
- ✓ Get inspired by our "sample setups"
- ✓ Check out agency resources
- ✓ Contribute by sharing your own stories and reviewing products

On behalf of the partners, Windsor-Essex Family Network, Windsor-Essex Brokerage for Personal Supports, People First of Ontario, and Community Living Windsor, thank you for taking the time to visit!

Please consider sharing this community resource as widely as possible.

We welcome your stories and experiences- please share!



IMPACT AJAX GRANT



We were thrilled to be awarded a \$10,000 IMPACT grant by the Town of Ajax, so that our group interested in horticulture can create a butterfly and pollinator garden at the Dowty Road location. Do you garden? Often avid gardeners have LOTS of perennials that need to be divided. Please consider donating some plants to Dowty Road as we create our new garden. You can drop your plants off at Dowty Road or 36 Emperor Street. Although our garden is to be a butterfly and pollinator garden, we are open to all kinds of plants. What we can't use at Dowty Road, we will share with our 9 residential locations.

THANK YOU TO OUR VOLUNTEERS

April has proven to be a very busy month as we pay tribute to the wonderful people who take the time to volunteer at CLAPW. Our Volunteer Coordinator, Sharon Burgess, has done a fantastic job recruiting, training and supporting 26 post secondary students and 18 active volunteers. Our volunteers help with everything from governance, accounting and leadership to book clubs and crafts. Volunteers give generously of their time to enrich the lives of others. We appreciate their efforts beyond measure. If you know of someone who would like to volunteer at CLAPW please have them reach out to Sharon at sharon.burgess@clapw.org.



“Remember that the happiest people are not those getting more, but those giving more.”

H. Jackson Brown Jr.

USEFUL LINKS

www.dafrs.com Durham Association for Family Resources and Supports

<https://communitylivingontario.ca/en/> Community Living Ontario

<http://www.dsontario.ca/> Developmental Services Ontario



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The Culture Club Committee

A group of CLAPW employees have banded together to create the "Culture Club" Committee. This group is taking steps to enhance the workplace culture.

We know, that our biggest asset is the people who work at CLAPW and we know how important it is to feel good about the work you do. This group has taken the lead on some special events such as National Compliment Day and the Mad Hatters Tea Party.

To celebrate Community Living Month we are introducing "Cheers for Peers" a **staff recognition program** coming in May. Have an idea related to workplace culture? Shoot us an email at cultureclub@clapw.org



To Celebrate the Re-Opening of CLAPW's Gym!

Come on out wearing your Maddest Hat and win a prize!

Join us for tea and cupcakes and vote for your favorite Mad Hatter!

WHERE: 36 Emperor Street

WHEN: Friday, May 3rd

TIME: 10:00-12:00



Gardening Contest

We're having a **garden contest** at each of our CLAPW locations. By the long weekend in May, each location will receive a **\$200 gift card** to Vandermeer Nursery to purchase plants to spruce up their garden. (We will send along a gardening tip sheet too!) One way to make the funds stretch further is to check with family members and neighbours that might be wanting **to divide their perennials** and would be willing to share. This is a great way to get you know the neighbours and **build community**. And then, get to work designing the garden! Need some help? You can apply for a volunteer through Volunteer Coordinator Sharon Burgess at sharon.burgess@clapw.org and she will do her best to find you some help.

In mid summer a **prestigious** judging panel comprised of board members and local politicians will visit the gardens to pick the top one. Want to know what you're competing for? Well, bragging rights to be sure, but also, the winning garden will be awarded the lovely little **CLAPW Mascot Garden Gnome** for safekeeping until next season! **LET'S GET GROWING!**

