

Connections

May 2023



Welcome Home Ladies!!

The ladies moved from a two-storey home to a slab on grade duplex on February 13, 2023! They are VERY happy! It was a lot of hard work moving after living in their previous home for 31 years!!

We thank everyone who helped with the move.

Anita and Jennifer have enjoyed setting up their new home as have Connie and Isabel. They have all settled in very nicely!!

The ladies look forward to Spring and being able to finally have a backyard to get together in and enjoy! Maybe even have a bit of a garden!

LOCATIONS

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www.clrcs.com



SPECIAL POINTS OF INTEREST

- **Check page 2 for important dates**
- **Read all about the amazing trips, adventures and success stories**

2023 IMPORTANT DATES TO REMEMBER

Administration Offices – Statutory Holidays/Closed

Monday, May 22, 2023—Victoria Day
Friday, June 30, 2023— for Canada Day
Monday, August 7, 2023—Civic Holiday
Monday, September 4, 2023—Labour Day
Monday, October 9, 2023—Thanksgiving

It was Open House at the Arnprior Fire Department on Oct 1/22. Chief Rick made sure that one of his favourite volunteers, (Captain) Adam didn't miss out! We want to thank the Arnprior Fire Department for their outstanding service to Arnprior & the surrounding communities!



Captain Adam was thrilled to be a part of Fire Prevention education in the schools with the Arnprior Fire Department ! Way to go Adam!

Halloween Fun!



Isabel and Donna handed out candy at Community Living for the Halloween Trick or Treat in Downtown Renfrew. It was such a great turnout with lots of children! Great fun and lots of great costumes. We look forward to participating again this year!



Lots of fun carving pumpkins! They look amazing! Great job to all!



LEST WE FORGET
Jeff proudly represented
Community Living
Renfrew County South at
the Remembrance Day
Ceremony in Renfrew.



Magic of Lights at
Wesley Clover Park
AND a Limo Drive!!

Community Living Renfrew County South Community Christmas Dance!! (Finally)



After 3 very long years, we were finally able to have our Community Christmas Dance! A big Thank You to Fifth Street for the wonderful music and keeping the dance floor hopping all evening long! A big Thank You also to Renfrew Pizzeria for the very tasty pizzas. And a big Thank You to Metro Renfrew for the yummy cupcakes.

Entry was a non-perishable food item for the Renfrew District Food Bank, we raised \$247.00 and many, many boxes of food! Great job to everyone who helped make this evening a success!



Arnprior and Renfrew Christmas Parades!

It was very cold but everyone had a great time!



Clare and Jennifer enjoyed the Calabogie Parade! The smiles say it all!



Kerry, Ruth, Steven and Greg have been participating in weekly yoga classes with Allison Donnelly at the Kenwood Centre. Throughout Covid, the group met virtually. It was a weekly calm and grounding activity during a difficult time. The group is happy to be meeting in person now, and have been building their skills each week with more challenging poses. We thank Allison for her dedication to our group.

Let's get physical, physical!



Another great workout at [Ultimate Fitness Gyms](#) in Arnprior with Luke. Andrew, Kevin and Mark had a great game of bowling. Strike!



Happy 60th Birthday Kevin!

We Love
Celebrating Your
Milestone
Birthdays!!



Happy 65th Birthday Eldon!



Happy 70th Birthday Isabel!



Happy 60th Birthday Clare!

The Connections Newsletter is published twice per year. Please fill out the 2023 MEMBERSHIP form to purchase a membership.

If you require additional information about COMMUNITY LIVING RENFREW COUNTY SOUTH please check our website: www.clrcs.com or contact us at 613-432-6763 or 613-623-4955 or send an email to commliving@clrcs.com. If you have any ideas or comments please direct them to Jen Tabar at 613-432-6763 ext. 102.

CADS ski day at Calabogie was a huge success. Most of us had not been on the hill since before Covid so it was wonderful to get back on skis. The sun was shining, the hills were groomed and the CADS volunteers were so kind and knowledgeable. Everyone was partnered up with the perfect volunteer and Community Living staff were there to make sure everyone was having a great day. Thank you to all the volunteers and Stephan who made this day possible. We can't wait for next year!



Jennifer enjoying the Exercise program at The Golden Age Activity Centre.





A big thank you to our retired and outgoing Board Members for their dedication and contribution over the years. Cari Forteach, John Cooke, Geoff Booth, Janice Lee, Esther Roberts and Paul Vaillancourt.

We appreciate all your help with your respective committees you chaired.

Please Welcome our newest Board Members!

Welcome Mitch Desilets, Rob MacLaren, Sharon Eades, Leslie Hook and Maureen Campbell. Their various backgrounds, knowledge and expertise will be a great addition to our Community Living family!



Lisa, Beth and Kerry deliver Meals on Wheels weekly to individuals in Arnprior. Great job ladies!

Upcoming 2023 Community Living Ontario Conference

70th Inspiring Possibilities AGM & Conference 2023 will be held at the Ottawa Conference and Event Centre from September 27–29, 2023.

For more information, and to register, please visit:
<https://communitylivingontario.ca/agm-and-conference/>

Keep an eye out for registration.

It was another great season of Sledge Hockey! The Renfrew Timberwolves even came out!



Steven, Joel, Kerry, Jonathan, and Shawn have been having the best time learning new skills in the kitchen at Bee Savvy Fine Foods in Arnprior. To date they have created Bubba bowls, chicken souvlaki with fresh tzatziki and seasoned pitas and we even learned how to make our own sushi,. Rolling it was a little tricky!
 We can't wait to see what's on the menu next week!
 We are really enjoying being in the community learning new skills from a local business who is trying to ensure Arnprior's downtown thrives!



M. Sullivan & Son Golf Tournament - 2023

For the past twenty two years the Sullivan family, their employees, business associates, along with Community Living supporters have gathered together to support a common goal; raising funds to support children & youth with developmental and intellectual disabilities to attend local camps. This year will be no different.

Each year the money that is raised supports local youth to participate in summer camps that they otherwise could may not attend without support. Many lifetime memories have been formed thanks to the generosity of all the supporters of the M. Sullivan & Son Golf Tournament. Register a team, sponsor a hole, donate a prize or money to support our efforts.



This year's 22nd Anniversary M. Sullivan & Son Charity Golf Tournament will take place on Friday, June 9, 2023 at the Madawaska Golf Course. We look forward to seeing everyone there!



Kerry and Stephanie enjoy spending their Thursday mornings volunteering their time shopping for seniors in Arnprior. Dulsie Bootland is one of the seniors and she would like to say a big Thank You to the ladies for their time and dedication!



Gary and Chris did a wonderful job volunteering at the Renfrew County 2023 Ontario Winter Games!



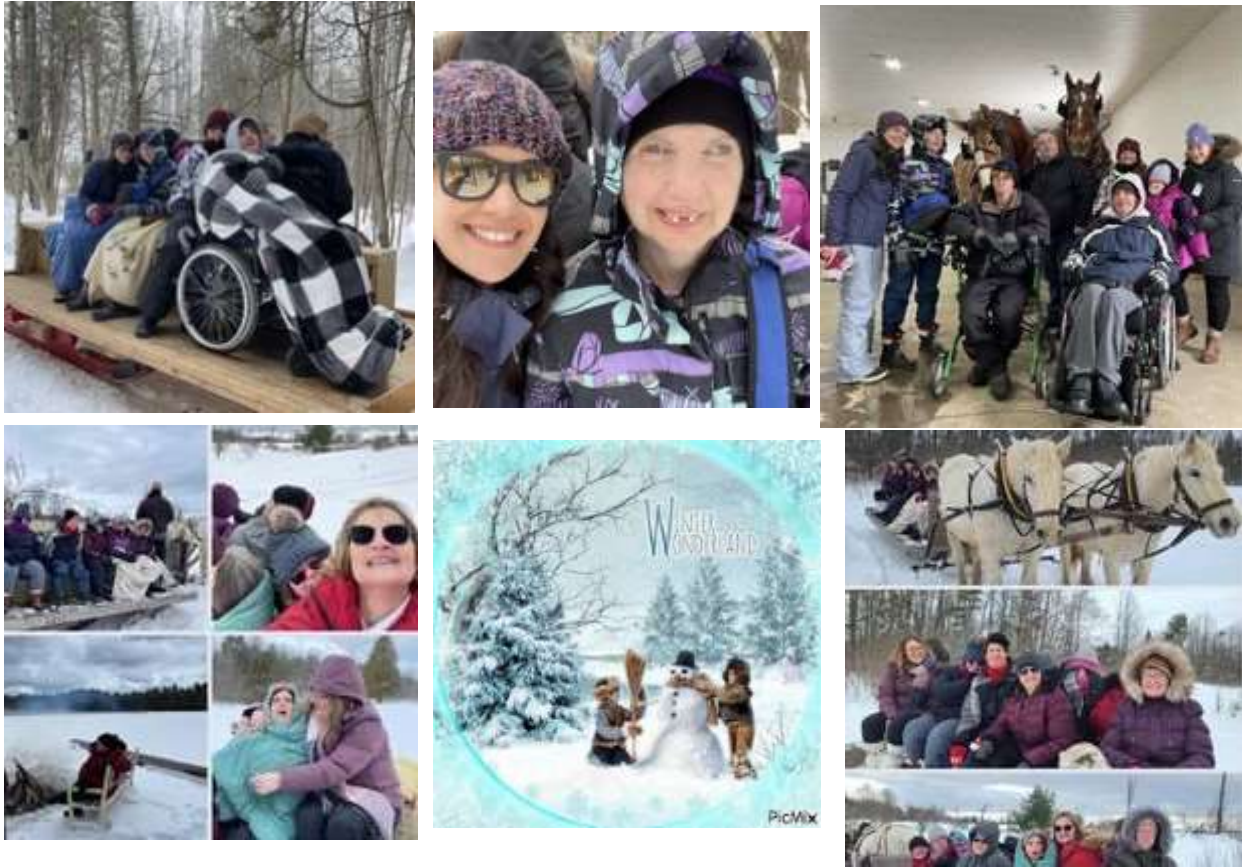
Go Sens Go!



We may have a few Ottawa Senators fans! Lots of fun at the hockey games!!



There was some horsing around happening this winter!!
Look at those smiles!



Shawn is doing an egg-cellant job with his art classes with Liam from John St. Shop in Arnprior



Community Living Ontario Conference 2022

Community Living Ontario Conference was held on Sept 14-16, 2023 in Toronto. Jennifer, Mandy, Syd, Don and Lindsay spent 3 days networking with Community Living Organizations all over the province as well as self-advocates that were in attendance. They were able to participate in voting on motions that were put forward. The group attended full days of breakout sessions with various topics including; Person Directed—Outcome Based Transition Planning—Life After School, Ageing in Place, Connecting Through Inspired Communications, Real Work for Real Play, Inclusion, Housing & Technology and Journey to Belonging.



Animal fun! Sam and Dan enjoy spending time with Ted's horse, Liza.

Joel found a new friend. Meow



MISSION STATEMENT

“working with others to improve the quality of life for people with developmental disabilities”

The Goal of
Community Living
Renfrew County South is:

That all persons live in a state of dignity,
share in all elements of living in the
community and have the opportunity
to participate effectively.

This goal envisions a
community where all
people are welcomed and supported
without discrimination.

2023-2024 Board of Directors

- ◆ Don Di Salle - President
- ◆ Greg Belmore - Treasurer
- ◆ John Carkner
- ◆ Syd Gravel
- ◆ Mitch Desilets
- ◆ Robert MacLaren
- ◆ Maureen Campbell
- ◆ Leslie Ann Hook
- ◆ Sharon Eades

Committee Member

- ◆ Helen Deslaurier

Management Team

- ◆ Jennifer Lavalley- Executive Director
- ◆ Jeff Gates - Manager of Supports and Services
- ◆ Tina MacLaren - Manager of Supports and Services
- ◆ Mandy Hay—Manager of Supports and Services
- ◆ Tonya Johnston—Manager of Supports and Services
- ◆ Ann Blimkie - Financial Manager
- ◆ Laura Pirie - Human Resources Manager
- ◆ Jennifer Tabar - Administrative Assistant
- ◆ Darleen Lewis - Accounting Clerk