

October 2022



The ladies heading to see Elvis the movie. You never know who you'll run into on Main Street in Renfrew!



A **BIG THANK YOU** to our community, staff and our volunteers for all your patience and going the extra mile during these last couple of years.

LOCATIONS

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SPECIAL POINTS OF INTEREST

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

2022-2023 IMPORTANT DATES TO REMEMBER

Administration Offices – Statutory Holidays/Closed

Monday, October 10, 2022 -Thanksgiving Day

Monday, December 26, 2022 - Boxing Day

Tuesday, Dec 27, 2022 - for Christmas Day

Monday, January 2, 2023 - for New Year's Day

Monday, February 20, 2023 - Family Day

Friday, April 7, 2023 - Good Friday

Monday, April 13, 2023 - Easter Monday

Strawberry and Raspberry Picking

Lots of sunshine and warm weather for picking strawberries and raspberries!

Thank you to McGregors for the tasty treats!



HOME SWEET HOME

Cathy enjoying sitting outside at her new home!



How Does Your Garden Grow?



A big Thank You to Patrick at the Art Factory for hosting and organizing art classes last year!

“I gave a piece of my art work to my Buddy Friend, Patrick.”



BATTERS UP!

Robert and Jesse went to an Ottawa Titans baseball game. They had a blast!



Dan's first horse day! He's a natural.



Lots of fun fishing this summer!



Day Camp *by: Kennedy McCallum*

As day camps around the community have been wrapping up for the summer, I wanted to take a moment to thank all of the amazing campers that have attended different camps this year! Dean had a great week making lots of cool science experiments, playing sports, and spending lots of time outside. Lincoln and Kallie went on lots of walks, played in the splash pad, and made an abundance of crafts with fellow campers. Savannah had a great time singing songs and playing at the beach at her camp, as well as playing on the play structure with her friends. I hope you all had a great summer, and hopefully we meet again next year!



Summer Camp for Teens *by: Myke McCallum*

As the last week of camp is coming to an end, we wanted to look back on the fun, event-filled summer that our campers have had! Our days consisted of playing at the beach, picnics in the park, painting, and exploring the valley, as well as cooking homemade lunches and treats in the kitchen, often with berries picked at McGregor's Produce and Hugili's Blueberry Ranch. We took trips to the city for Xtreme Trampoline, Putting Edge, Canadian Museum of Nature, and so much more! One of our favourite things to do was be in our community and support local with yummy treats from Ottawa Valley Coffee, Valley Scoop, and Scoops! Thank you to Liam, Shawna, Dean, Lizzie, Riley, and Savanna for a great summer!



Years of Service Recognition for 2022

5 Years:

Brandee Cobus—August 2017

Kelsey Rodden—August 2017

10 Years:

Jessica Jozwiak—July 2012

Kim Hoare—August 2012

Tom Ainsaar—October 2012

15 Years:

Karen Moghaddam—January 2007

Sarah Groulx—February 2007

Linda Laventure—March 2007

Val Campbell—April 2007

Tatum Poirier—June 2007

Debbie Trahan—July 2007

Steven Fraser—July 2007

20 Years:

Lynn Foy—April 2002

Judy Pierce—June 2002

30 Years:

Liz McFarlane—February 1992

Congratulations to all our hard working staff!!



Joanne had a great time singing with Dennis Meilleur at the Golden Age Activity Centre. They have entertainment every Friday afternoon. She conquered her stage fright fear!

Way to go Joanne!





Law Enforcement Torch Run went through Renfrew in support of Special Olympics.



Glow in the Dark mini putt!!!

Ruth, Shawn, Mike and Mackie had lots of fun at The Putting Edge in Ottawa.

M. Sullivan & Son Ltd. Golf Tournament

by Tina MacLaren

A special thank you to all who participated in the 21st Sullivan Charity Golf Tournament in support of Community Living. It was great to see everyone enjoying the day together.

Congratulations to the Mulvihill Insurance team for bringing home the trophy this year!!

Thank you to all the golfers, to Victoria (and all the wonderful staff) from the Madawaska Golf Course, to Andrew and the volunteers from Sullivan, and to Tina, Ann, and the volunteers from Community Living. We truly appreciate all the volunteers and teams that made the tournament possible.





Jim turned 70!

James Valliquette was 70 years young on September 12, 2022. Happy Birthday Jimmy!

Happy Retirement!

Congratulations to Cyndi Wilson on her retirement after working almost 40 years with Community Living!

And congratulations to Frank Campbell on his 2nd retirement!

You both will be missed by all the people you worked with over the years.



The Connections Newsletter is published three times per year. Please fill out the form MEMBERSHIP 2022 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.

Music in the Park



More than 50 people attended music in the park. The sun was shining, there was lots of dancing and playing to the music. So wonderful seeing everyone happy and having a great time!



Anne and Samantha had a great time at Parc Omega in July.



Christine and Josie also had a blast at Parc Omega! Looks like they even met some new furry friends.

WE WILL REMEMBER YOU!

We sadly lost many wonderful people over the last few years. They may be gone but are never forgotten.

Lary Freeman 2022



Sylvain Bernard 2022



Debbie Broome 2022



Christie Garrard 2021



Peter Tatlow 2021



John Kingston 2021



Donna Yantha 2020



Jake Dowd 2019



A Day on the Farm

Bobby and Nancy enjoyed a day excursion to Valley View Farm in Nepean.



Rebekka and Kelsie were on the move!

Rebekka and Kelsie had a blast at Buskers Festival in Ottawa on Canada Day and had fun at Upper Canada's Village!



"I sketch at the Library"
By Jesse Stroud



Year end Bowling party with the crew at the Golden Age Center!



Community Living Executive Directors meet with MPP John Yakabuski



“Community Living Renfrew County South’s Executive Director, Jennifer Debenham along with Tina Williams, Executive Director of Community Living Upper Ottawa Valley, and Monica Prymack, Executive Director of Madawaska Valley Association for Community Living had the opportunity to meet with John Yakabuski, MPP for Renfrew-Nipissing-Pembroke on June 25th, 2022 to discuss the Ministry of Children, Community and Social Services’ Journey to Belonging: Choice and Inclusion document and to advocate for people with development and intellectual disabilities living in Renfrew County. To learn more about the Journey to Belonging: Choice and Inclusion, please visit <https://www.ontario.ca/page/journey-belonging-choice-and-inclusion>





Alex is very excited to start sledge hockey on October 6, 2022! He keeps saying “Go around the net!” referring to the drill he enjoys!



More than a Song Studio and Dave Campbell have been working with us to have music afternoons “Louder the Better!” by Mark Humphries.



Backstreet Boys Concert!



“I went to the Backstreet Boys concert... it was an amazing night!” by Amanda Curry

The best part was “I loved their singing and dancing in our seats” by Rebekka Zimmerling

“And we bought a T-shirt” - Christine Drouillard

BARNET COTTAGE BBQ

We were thrilled to be able to attend our annual BBQ at Barnet Cottage in Calabogie!
The weather was perfect and everyone had a wonderful time.

A big thank you to Frank Campbell for providing the music!



It was a beautiful day to be out on the water.

2 Elgin really enjoyed their ferry ride!

Joel and Kerry are back at the Humane Society.
The cats are purr....fectly happy with that!



FUN AT THE RENFREW FAIR!!



The weather was perfect this year for the fair. Looks like everyone had a great time!



A big Thank You to Karen at High Five Acres! Sam reached his goal of independently driving. Dan enjoyed walking Tucker and giving him lots of treats!

Jason loved driving the cart and when Tucker kissed him.

Christine enjoyed sitting with the horses and thinking about her Dad. She also enjoyed brushing them and when they would smile and show off their teeth!

Jen had a really strong bond with Tucker with just the power of touch!

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.

2022-2023 Board of Directors

- ◆ Don Di Salle - President
- ◆ Cari Foreath - Vice President
- ◆ Greg Belmore - Treasurer
- ◆ John Cooke - Personnel
- ◆ Geoff Booth - Properties
- ◆ John Carkner
- ◆ Syd Gravel
- ◆ Janice Lee

Committee Member

- ◆ Helen Deslaurier

Management Team

- ◆ Jennifer Debenham - Executive Director
- ◆ Jeff Gates - Manager, Supported Group Living Arnprior
- ◆ Tina MacLaren - Manager, CAS Arnprior and Renfrew
- ◆ Mandy Hay—Manager of Supports and Services
- ◆ Tonya Johnston—Manager of Supports and Services
- ◆ Debbie Trahan - Manager, Quality Improvement/Compliance
- ◆ Ann Blimkie - Financial Administrator
- ◆ Laura Pirie - Human Resources Administrator
- ◆ Jennifer Tabar - Administrative Assistant
- ◆ Darleen Lewis - Accounting Clerk