

## A Million Possibilities

**Late December 2017**, Colin began crossing the Atlantic Ocean from the Canary Islands to Antigua – to not only challenge himself, but to challenge others in making a real difference in the lives of people who have an intellectual disability and their families.

“My son Jeff has physical and intellectual disabilities and life is not always easy for him. Our family has been fortunate enough to receive support over the years from our local Community Living association and we have been grateful for the support we have received. That being said, people who have similar disabilities across Ontario are often not so fortunate as to lead a full and inclusive life as my son and may not have access to the right supports or have someone advocating for their needs. I am rowing across the Atlantic Ocean to raise awareness and funds for Community Living Ontario and member associations.”

**Colin Sanders**, Proud dad, Port Hope resident, business person, adventurer

Colin supports Community Living Ontario's vision where students who have an intellectual disability can go to school with friends from their own neighbourhood and learn side by side with their peers, where people have opportunities to explore meaningful employment and develop friendships with colleagues, and where people have a choice to live where they want to live and can participate fully in their communities.

While Colin is rowing by himself on the Atlantic, facing everything Mother Nature can throw at him, he will not be alone. He will be supported by a team of people across the province and around the world that will be sharing in this experience and supporting our collective vision of a more inclusive Ontario.



Insert from Community Living Ontario

You can log onto the following website and follow Colin's progress and read his blogs. Here is one of Colin's blogs.

Day 39 – Something just bumped my oar...

So I was rowing along yesterday minding my own business and at around 1:00pm my left oar bounced up in the air about a foot. I thought maybe the fish under the boat had made a score with a smaller fish. But then shortly after I could see this shape circling around the boat. I stood up to get a better look. I thought it's a shark...4 or 5 feet long. As I watched it go under the boat I heard another noise on the other side near the bow. Here were 6 or 7 tunas all pressing themselves against the boat clearly trying to hide. Every now and then one would try and bolt and I'd see the big fish pick it off. Finally I got my waterproof camera out stuck it in the water and started taking pictures. When I looked at the images later I got a great picture of a swordfish. It wasn't a shark after all.

When I can set up the satellite transceiver tomorrow hopefully I will post the pic on Instagram. Until I knew it was a swordfish it was a little unnerving to think a shark that big was there...

Onward.

Colin

**<http://www.soloatlanticrow2017.com/blog/>**

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## Christmas Memories

I really enjoyed the Norview Family Christmas Party with the company of my friends who joined in the Christmas festivities, yummy treats and socializing.



Submitted by Carolyn Weibe



Cindy booked the Indwell Community kitchen and invited some friends to bake Christmas cookies. Dozens of short bread and butterscotch squares were made and of course taste tested!!!



My sister Pam and I enjoyed the Indwell Christmas Dinner. Everyone celebrated with a delicious turkey dinner that included all the trimmings.

Submitted by Les Young



Submitted by Michele Druett



## May the Force be with you



I can't pass up the opportunity to get my photo with a Storm Trooper. I am excited about going to see the latest Star Wars movie sometime soon.

Submitted by Trevor Graham

## Game on!

I have been enjoying the dartboard in the common room where I live. I haven't played in a while and I was surprised when one of my first shots was a bullseye!! Want to challenge me? Give me a shout and plan a game!!



Submitted by Les Young

## Puzzle Corner

Sudoku Puzzle - Medium

6		8	4	1				9
					2			
1	5		3	9				
				3		9	8	
	7			2		1		
4	8	1					2	
2			7					4
	3	7			6		5	
	4		2	8			6	

[www.sudoku-puzzles.net](http://www.sudoku-puzzles.net)

## Sushi anyone?

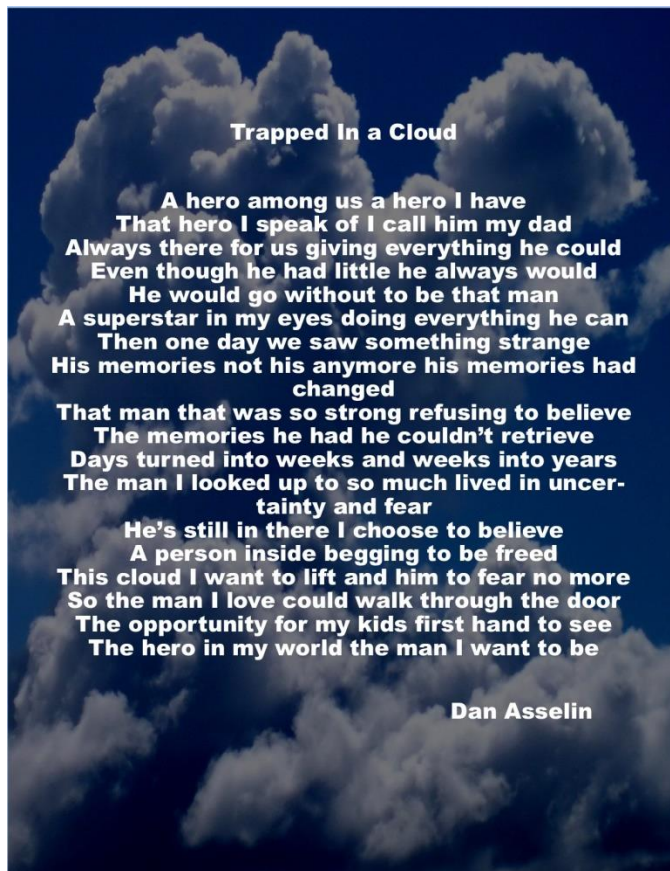


I have had the opportunity to try new things, so I decided I would give JC Sushi in Simcoe a try and had their buffet for lunch. After my first trip I loved it so much I went back again with my staff the next time we were together.

Submitted by Matt Hachey

## Alzheimer's Society Fundraiser

One of my passions has been supporting the Alzheimer Society. This is something that touches all of us. The last three years I have been very successful with the Dip for Memories raising over \$10,000 for the local agency. I haven't had time this year to organize it so I decided to go a little simpler, shaving my head with a Bic Razor and letting the person with the highest donation do it! Dave Morgan of Waterford and his partner Coreena Schira, who have donated generously year after year had the honours. With every ones support we reached a total of \$640 and climbing. There is still time, if you would like to donate, contact Dan at [Dasselin@communitylivingaccess.ca](mailto:Dasselin@communitylivingaccess.ca)



Submitted by Dan Asselin

## 10 Budget Friendly Activity suggestions for this Spring

### #1. Walk, ride bikes, jog, or skip

Yes! This involves exercising outside so get out there and go for a walk down the road, ride your bikes, or even jog!.

### #2. Plant flowers

There are some flowers that need planting in the spring. Planting a flower garden is the perfect activity to do when it's not too hot outside and you can still enjoy the cool weather.

### #3. Nature hikes

Some of the most beautiful plants and flowers are blooming during those spring months. Take a nature hike this spring.

### #4. Make your own ice cream

Nothing is more budget friendly than "DIY" activities. Now that winter is almost over and it's a little warmer outside, you can spend time on your own or with family and friends making your own ice cream. There are freezer bag ice cream ideas online.

### #5. Have a picnic

Packing your own lunch from home and heading out on a picnic is a brilliant budget friendly activity to do this spring.

### #6. Create a painting

One of our favorite things to do in the spring is create our very own paintings. There are so many things you can do to create different "works of art" out of paintings. Painting outside on a spring day is simply glorious.

### #7. Sidewalk chalk fun

As an adult, I still love playing with **sidewalk chalk** and spring is the perfect time to indulge.

### #8. Volunteer at a park

Heading to parks for fun is great, but consider volunteering at your local park as well. Volunteering may allow you to meet new people and experience something very rewarding.

### #9. Children's museum

If you have a local children's museum close to you, call and ask about prices. If you cannot get a good price, then wait for a free day. Although it's usually a little crowded, you can still enjoy the day and save a little money.

### #10. Have a bake off

Have a bake off with your family or friends this spring. Although this isn't an outdoor activity, See who can bake the best dessert \*\*To keep it budget friendly, you have to use baking items that are already in your house.

Everyone has been subjected to horrible weather all winter long and now it's time for some fun. To help keep your activities on track this spring, consider making a calendar for all events.

**What are some of your favorite budget friendly activities to do during the spring months?**



## Save the Date(s)!

### Community Living Access Events

**Thursday, June 21, 2018** - Annual General Membership Meeting

**Sunday, July 22, 2018** – Annual Picnic

**Sunday, November 18, 2018** – Annual Christmas Party/Dance

Further information on these dates/events will be posted on our website closer to the date.

### Health & Wellness Committee Update

Thank you to our Committee for hosting a Health and Wellness Day February 28<sup>th</sup>.

We are also looking for your thoughts and ideas of what you would like to see in future Health and wellness days. Examples are Laughter Yoga, Meditation, Healthy cooking on a budget, how to let go of stress, Team building exercises, Hypnosis, Essential Oils etc. Please email or drop off your suggestions to Shelly.

### Puzzle Answer

Sudoku Solution - Medium

6	2	8	4	1	7	5	3	9
7	9	3	5	6	2	4	1	8
1	5	4	3	9	8	6	7	2
5	6	2	1	3	4	9	8	7
3	7	9	8	2	5	1	4	6
4	8	1	6	7	9	3	2	5
2	1	6	7	5	3	8	9	4
8	3	7	9	4	6	2	5	1
9	4	5	2	8	1	7	6	3

www.sudoku-puzzles.net

## Team Fun!

Here at the office, we are no different from any other team and need to unwind at times. With everyone's busy schedules, it's not often we can all get together but every 2 years we have a little fun at work by celebrating with the Olympics. We draw a Country and then we choose a date, then during the Olympics, we cook a meal authentic to that Country to feed our team! We are all fed VERY well for the 2 weeks of the Olympics. Although we know what Country we will be dining from, we never know what we are having until we enter the "dining room" for lunch. We have been doing this for the past few Olympics and it has been amazing! We've even expanded to decorating and cheering for our chosen Countries. We've had flags decorating the office, music, posters etc. Steve had Germany this year and ROCKED the Lederhosen during his lunch!! Thanks for setting the bar so high for the rest of us Steve! Many recipes have been swapped and shared throughout the past and I'm sure it will continue.

What fun things does your team do? Share what has been done in the past or what you have planned for the future and we can make sure you are in the next issue of Eye on Access. Maybe one of the other teams will want to do what you are doing, or you can get ideas from the others that share.



Submitted by Shelly Marinic

## 2018 Cash Calendar

**Congratulations to our January winners!**



**Chris LaBerge – Our first winner  
January 5<sup>th</sup> of \$500!**

**Bill Lawrence – January 12<sup>th</sup>, \$100!**

**Lisa Bishop – January 19<sup>th</sup>, \$100!**



**Cindy Benedict – January 26<sup>th</sup> Winner \$100!**

## We are “LIVE” Every Friday

Join us on our Facebook page. Every Friday at approximately 1 pm, we go live to do our Friday the 13<sup>th</sup> Cash Lottery Calendar Draw. It's a ton of fun and you never know what's going to happen. If you're in the area on a Friday, stop by the office, it only lasts a few minutes and we would love to include you in the video or just be in the background cheering on the next winner!!

**<https://www.facebook.com/Community-Living-Access-1559924411004815/>**



## Volunteers Needed

We are always looking for ideas and volunteers. Please contact Don, by phone or email if you have any ideas, questions or would like to volunteer.

Don Lawson – 519-426-0007 ext. 111 or [fundraising@communitylivingaccess.ca](mailto:fundraising@communitylivingaccess.ca)

*by Working Together Dreams Become Possible*

**Gold Sponsor of our  
2018 Cash Calendar**



**Scotiabank**

**407 Main Street Port Dover  
519-583-2000**

# UP COMING FUNDRAISERS

## SUBWAY DAYS ARE COMING SOON

**Mark these Dates in your Calendar**  
**Friday May 25 and October 26, 2018**

**Order forms and further information will be available soon on our website**

Community Living Access & Subway on the Queensway are busy planning the 2018 Box Lunch Delivery Fundraiser we call **Subway Days**.

In short we deliver to YOU, (businesses and/or organizations in Norfolk) boxed lunches from Subway's wonderful menu, a drink and an apple.

Start chatting with your co-workers and plan a lunch, enjoy the fellowship with your co-workers and together help support the work of Community Living Access.

If you have not participated in the past or your email / fax numbers have changed or you would like more information please call Don Lawson or Shelly Marinic at 519 426-0007.

## VIDEO DANCE PARTY, A FUN Way to Volunteer!

As part of our ongoing fundraising initiatives, Community Living Access assists Party Cinemas Video Dances as volunteer chaperones at their monthly dances. A fun night with the latest Music/ Dancing and Videos

**Adult Volunteers Urgently Needed (age 18+)**

**Dances Occur On:** *the 4th Friday of every month (excluding July and August)*

**Time Volunteers needed:** 6:30 pm to 10:15 pm

**Where:** Simcoe Rec Centre

### Duties and Dance details:

The Dance is for students grades 3 to 8. Our Volunteer Chaperone's ensure adult guidance and following the basic rules set out by Party Cinemas – we circulate on the dance floor, collect admission and supervise the students.

If you are a parent and have daughters/sons in the above grades bring them along with their friends! Students enjoy an evening of music, dancing and fun – The cost per student is \$10 each.

Please connect with Don Lawson at 519-426-0007 ext. 111. The upcoming dances are:

Friday, February 23, 2018  
Friday, May 25, 2018

Friday, March 23, 2018  
Friday, June 22, 2018

Friday, April 27, 2018  
No Dances July and August

## Bronze Sponsors of our 2018 Cash Calendar



107 Queensway E  
519-428-4100

440 Norfolk St. Sth  
519-426-5930

See our website for full list of sponsors



## 2018 MEMBERSHIP FEE NOW DUE

# MEMBERSHIP APPLICATION and RENEWAL FORM

Please Print

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_  
 Telephone: \_\_\_\_\_ (home) \_\_\_\_\_ (business)  
 E-mail address: \_\_\_\_\_

Please check each that applies to you

- |                                 |   |                                    |  |
|---------------------------------|---|------------------------------------|--|
| <input type="checkbox"/> Parent | <input type="checkbox"/> Relative/Guardian    | <input type="checkbox"/> Volunteer | <input type="checkbox"/> Community Member            |
| <input type="checkbox"/> Friend | <input type="checkbox"/> Supported Individual | <input type="checkbox"/> Employee  | <input type="checkbox"/> other Agency Representative |

### General Membership:

Open to any person who supports the purposes and objectives of the Organization and who pays annual membership dues, except persons employed by this Organization, any similar organization or acting as a representative of such organizations.

### Friends of the Association

Open to any person who supports the purposes and objectives of the Organization and who pays an annual fee, and is employed by this Organization, any similar organization or acting as a representative of such organizations.

We shall issue your receipt and membership card once we have received your payment.

Annual Membership Fee of \$5.00 is due each January 1<sup>st</sup>.

Please check off one:

- |   |   |
|---|---|
| <input type="checkbox"/> General Membership Fee | <input type="checkbox"/> Friends of the Association |
|---|---|

Please check the areas which would be of interest to you:

- |   |  |
|---|--|
| <input type="checkbox"/> Board of Directors | <input type="checkbox"/> Committees                      |
| <input type="checkbox"/> Fundraising        | <input type="checkbox"/> Volunteer (support enhancement) |

Preferred method of contact? ☐ Telephone ☐ Direct Mail ☐ E-mail

Would you like to receive your written correspondence by e-mail? ☐ Yes ☐ No

Can we add your name to our Community Living Ontario mail out list? ☐ Yes ☐ No

Can we forward your e-mail address to Community Living Ontario? ☐ Yes ☐ No

If you would like to volunteer for any of our fundraising events,  
 please contact us at 519-426-0007 ext. 111.



## We are on Social Media



**<https://www.facebook.com/Community-Living-Access-1559924411004815/>**  
**<https://twitter.com/CLAccess>**



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If you have enjoyed this issue of Eye on Access, please help us fund the future publications by making a donation.

A Tax Receipt will be issued

\$10.00 \_\_\_\_\_ \$15.00 \_\_\_\_\_ \$20.00 \_\_\_\_\_ \$25.00 \_\_\_\_\_ Other \$ \_\_\_\_\_

Name: \_\_\_\_\_ Address: \_\_\_\_\_  
 City: \_\_\_\_\_ Province: \_\_\_\_\_ Postal Code: \_\_\_\_\_

If you require any further information, please contact Community Living Access 519-426-0007  
 Thank you for considering becoming involved with our Organization.