

Join us October 22nd for the

Walk-a-thon!

September 2006



COMMUNITY LIVING ST. MARYS AND AREA

Newslink

Freedom from Abuse

Workshop attended by Joe Lambert and barb Leavitt at the Community Living Ontario conference Sept. 15, 2006.

80% of women and 60% of men with developmental disabilities in Ontario are being or have been abused in their lives.

Staggering numbers. Yet many argue it is closer to 95%. Abuse includes physical, emotional, financial and sexual. See definitions below.

It's hard to believe its happening to this degree. Joe and barb attended this workshop at the Community Living Ontario Conference and were amazed at

the information shared.

The Self-Advocate's Council of Community Living Ontario has been working for over 5 years to bring the issue of abuse forward. It's not just the physical abuse many people endured in institutions but, the Self-Advocates Council wants to bring forward the abuse people face in their own homes and communities by people who speak harshly, don't respect choices, tell people what to do.

They have made many pamphlets for people with disabilities.

Stop Abuse—What you can do to end the hurt

You have Rights!

Reporting Abuse—A Guide for Caregivers

As Joe said "People don't need to endure abuse, we've got to break the chain somehow. I went through lots of abuse when I was younger and it hurt. But it's also abuse when workers take away choices or talk down to people! We've got to talk about that too."

We also watched a video that we'll order. If anyone is interested, please talk to Joe or barb for the resources.



What is abuse? Here are some examples...

Physical abuse is when someone hurts you by doing things that cause bruises or cuts, like hitting, pinching, grabbing, kicking or biting. Physical abuse hurts your body.

Physical abuse is also when someone stops you from being healthy by not giving you the food your body needs or by not taking you to the doctor when you are sick.

Emotional abuse is when someone calls you names, teases you, talks down to you, orders you around or does not respect what you have to say.

Emotional abuse hurts your feelings.

Financial abuse is when someone takes your money from you to use for themselves.

Sexual abuse is when someone touches the private parts of your body in any way you don't like.

Sexual abuse is also when someone makes you touch their body, or look at sexual videos or pictures that make you uncomfortable.

Sexual abuse hurts your body and your feelings.

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Special points of interest:

- Create A Smile Walk-a-thon on October 22nd at 2pm
- Christmas luncheon will be held on Wednesday December 6th, 2006. Mark your calendar.

Highlights to Changes to the Ontario Disability Support Program

2% increase in November 2006 from maximum of \$959 to \$979 **for renters/owners**

2% increase for Room & Board from \$730/month to \$744

In 1996 welfare monthly maximum amounts were cut by Mike Harris by 22%. There has only been a total of 5% increase in last three years

Community Start Up and Maintenance Benefit. \$799 is paid only once in 24 month period unless exceptional circumstances such as fire, flood, leaving an abusive relationship

It can also be used to pay rent arrears in order avoid being evicted and/or to pay utility arrears or reconnection fees if you have received a disconnect notice

Also positive changes to ODSP Employment supports which give people more support to find and keep jobs. However, still no support for post-secondary training

Employment start up allowance maximum increased from \$253 to \$500 for employment expenses, can be paid when looking for a job, starting a new job/training/placement

As of November 2006...

Employment Related Expenses/Transportation—\$100/month:

Paid to adults who report earnings from employment/training program/self-employment. Note—medical transportation costs are still covered separately

Health Care Coverage : On-going health-related benefits if you leave ODSP for employment. Ie. Drug, Dental & Vision Care Benefits—until employer coverage is available

Employment Transition Benefit—\$500 One time payment if you leave ODSP for employment

Disability Work-Related Expenses—\$300/month Increased from \$140 to \$300/month for disability-related items, such as specialized equipment. If accessible transportation costs more than \$100, could argue to use this. Separate from Assistive Devices Program

Information for Renters and Boarders

A **Boarder** is someone who receives food and lodging from the same source (the landlord)

A **Renter** is someone who is considered to live independently from the landlord. However, a renter does not have to have separate accommodations from the landlord. A renter can also share accommodations with another renter (co-renter)

ODSP defines Room & Board: A board and lodging situation is one in which a recipient receives food and shelter from the same source. Where the living situation is not clearly defined as either rent or board and lodging, ODSP reviews the recipient's food preparation practices.

Rent vs. Room & Board

If the landlord/trustee purchases and prepares the food, the recipient is a boarder. If the recipient purchases and prepares food separately for herself, the recipient is a renter. To be considered a renter, a recipient need not live in self-contained quarters, but must purchase and prepare her own food.

Employee information...

Fall is in the air!

Canada Savings Bonds applications are available at the Central Administration Office. Deadline for returning applications will be October 19th, 2006 as the Bank of Canada must receive them no later than October 31st. If you are already participating in the Canada Savings Bonds deduction program, now is also the time to make changes to the amount you are contributing. See Central Admin for a change form. For new participants, deductions will begin the first pay period ending in December.

General Staff Meeting will be held on **Tuesday October 3rd from 10am to 12noon.** Hosted by Central Admin and Planning. **Betty Anne Mustard of BA HomeScapes will be our guest speaker** to give us some great advice and to help us with our decorating dilemmas. See the distributed flyer!

Vacation payout for part-time staff will be on the pay period ending November 17th, 2006 payroll. This is a mandatory payout.



Fall is in the air!

Spirit of the North: Catch the Dream!

Community Living Ontario held their 53rd conference and annual general meeting in Sioux Lookout, September 13th to 16th. Some 375 delegates from across Ontario were welcomed to this very diverse community.

The people of Sioux Lookout and the Lac Seul First Nation worked together to ensure that everything ran smoothly. We were greeted with a PowWow ceremony which was very colourful and meaningful in joining several cultures together. School buses had been mobilized to take us around town. The Legion and the arena were used for workshops, meals and plenary sessions and a farmer's market on Saturday morning, the highschool students earned volunteer hours by helping to serve meals and clearing away and everyone (especially the bus drivers) were helpful, cheerful and determined we should have a good time.

Suzanne Simpson led two workshops. The first called "One Agency's Story". She gave many examples of how this agency has evolved and provided ideas for other agencies. The second explored how people deal with power and control both when they are subjected to that and when it is given back for people to make

their own choices.

Barb Leavitt's session was about how the word and language that we use reflects attitudes.

We met with Madeleine Meilleur, Minister of Community and Social Services and Deputy Minister Kevin Costante. We invited them to visit us in St.Marys. Stay tuned!

It was not all work. We enjoyed a boat ride, fishing (not enough for Joe), music including a concert by Great Big Sea!



Picture is taken at Kakabeka Falls, just outside of Thunder Bay. Joe Lambert, Barb Leavitt, Suzanne Simpson, Marg McLean, and Brenda

Policies and Procedures Highlights...

On July 6th, 2006, the Board of Directors approved our new and improved policies and procedures. All policies and procedures have been written in plain language. We've highlighted some of the policies for your information.

A copy of the complete policy and procedure manual is available for your review at JPC.

Right of People Using Services Refers to the nine service rights outlined in the Long Term Care Act and the guide created by People First of St.Marys/Stratford.

Vacation of long-term employees enhanced. After 15 complete years, employees will receive an additional day of vacation. After 20 complete years, employees will receive two additional days.

Bereavement Leave is now up to 5 days for the funeral of a partner or child.

Up to 3 days of **Sick leave** may be used to attend to the illness of the employee's child or another that the employee is a caregiver to.

Doing **personal business on paid work time** is not permitted. Personal business

may include use of the internet, personal phone calls, or personal errands.



Watch the Pumpkin Toss at McCully Hill Farms on Sunday October 8th! All proceeds to Community Living St.Marys and Area!

Pictures from our 2006 Annual General Meeting



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AND AREA**

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***Become a Member of Community
Living St.Marys and Area!***

***Memberships are available all year
round at the Central
Administration office.
\$5.00 per person***

Our Vision: A community where everyone belongs.

Our Mission: To nurture the ability and willingness in our community to welcome and support all people as valued and contributing citizens.

Our Principles:

We believe everything starts with the person.

We believe we are accountable to the person first while honouring relationships in the person's life

We believe that a range of relationships are valuable and important to everyone.

We believe everybody has the right to self-determination.

We believe in our commitment to people with developmental disabilities from St.Marys and area.

We believe that being involved in your community leads to full citizenship.

We believe we have a role in grassroots community development.

We believe it's important to plan for future needs of people living in our community.

We believe in an organizational culture that encourages learning, risking, evolving and innovating.

We believe in the honourable role that staff play in people's lives.

We believe in planning that is separate and local and also, we believe there is a role for independent, unencumbered planning in Ontario's developmental service system.

We believe that our organization is healthier when there is an active quality assurance process in place in every area of the organization.

Create A Smile Walk-a-thon on Sunday October 22nd, 2006



“A smile is the lighting system of the face, the cooling system of the head and the heating system of the heart.” Unknown

Sunday October 22nd

***5km walk on the
St.Marys Grand Trunk Trail***

Beginning at 2pm from

***Holy Name of Mary Catholic
Church Parish Hall,
149 King St.N., St.Marys***

Call Nancy for pledge sheets

