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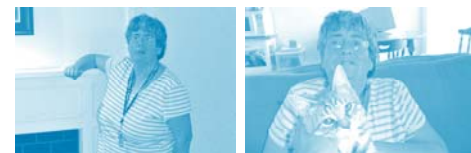
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Lori's natural network of friends gives her confidence to live independently

Cha-Ching\$\$\$!!!! Wondering what that sound is? It's Lori Foster cashing in on her new life!

If you had met Lori five short months ago, you would be amazed at how much she has accomplished in developing a meaningful life for herself thus far. In just a short time Lori has established a new home for herself, volunteer roles at three local organizations, and most importantly she has developed a solid social network.

Lori has allowed us to share her story in the hope that it gives other people the courage to do the same.

It all started when Lori took the big leap from living at home to living independently...

When Lori first moved to her new apartment, she was concerned that only her current vocational services would be available. She really had hoped for assis-

tance with items such as shopping, budgeting, laundry, etc., to help with her transition to independent living.

Thankfully, Lori was able to access funding which enabled her to hire her own support worker.

During this time Lori went through the ups and downs that we all do, but she also began to develop relationships with neighbours in her building. Before long, she found that she was doing a lot of day-to-day tasks with her new friends Al, Marv, Melonie, Gina, and Lynn, like: grocery shopping, laundry and running errands. Lori's friends even helped her adopt her new kitten, Manson, so that she wouldn't be lonely.

See 'natural' on page 2

Natural Social Network

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Often, when you drop by to visit with Lori you can find her in the gazebo at her new apartment complex hanging out with her new friends and it's easy to see that they have a reciprocal relationship. They are all people who care about Lori, and most importantly they see value in having Lori as their friend. Lori has created a social network that keeps her safe, healthy, happy and that gives her a real sense of what truly belonging really feels like.

The most eye opening part of watching Lori's relationships evolve is that we had nothing to do with it. What we've learned from this is the support from Supported Independent Living may have facilitated the beginning of these relationships, but the connections were natural. Lori's friends saw a woman in need, not a needy woman, and rose to the occasion.



Lori's dynamic social network of friends say they are richer today for knowing Lori and for having her as a friend.

If you ever see Lori with her friends, be sure to stop and say, "hello" because she could not be prouder of the woman she has become, and of the people she has in her life who care, admire and respect her, with whom she can share wonderful new experiences. Lori is truly an inspiration.

Good support planning = great summer for Sondi!

- Sondi Hibbard, with support from her Outcomes Facilitator, Karen McKinnon



With support from my Outcome Facilitators, I was able to plan a meaningful and memorable summer that I will not soon forget.

I made sure to fit in my passion for thrill seeking amusement rides by visiting the Peterborough Ex and Canada's Wonderland. Also, a trip to the Elvis Festival in Collingwood for the second year in a row was a highlight.

However, the best part of my summer was taking the bus independently to Sharbot Lake to visit my Mom, and my brother, Joel. Being able to connect with my family is very important to me.

My 2010 summer was the best summer ever!

We're in the running for the 2010 Donner Awards!

September 2010 - Canada's best-run non-profit social service agencies were named finalists for the 13th Annual Donner Canadian Foundation Awards for Excellence in the Delivery of Social Services, and Community Living Peterborough is one of them!

Our Blueboxing at Trent University and Fleming College initiative has been short-listed as a finalist, along with 2 other programs, for the \$5,000 Donner Canadian Foundation Award for Excellence in the Delivery of Services for People with Disabilities.

Should our program receive the Services for People with Disabilities category award, it will then be competing with six other category award recipients for the overall William H. Donner Award for Excellence in the Delivery of Social Services, which comes with an additional \$20,000.

The official award ceremony will be held this November, so stay tuned for results... and wish us luck!

The [Donner Awards Program](#) is Canada's largest and most prestigious non-profit recognition program serving to encourage the spirit of initiative and independence, and represents an important step forward in the development of an objective, quantifiable system for measuring non-profit performance.

For more info got to: www.donnerawards.org

Making a Difference

Heads up for Inclusion releases new restaurant guide for persons with disabilities

In the Spring of this year, Heads Up for Inclusion took on compiling a Peterborough Restaurant & Cafe Guide for Persons with Disabilities.

The group partnered with the City of Peterborough by adding the information to the City's existing guide: *Peterborough Recreation and*

Services' Directory For Persons With Disabilities

The Heads Up team contacted roughly 100 restaurants in the Peterborough area, of which 40 restaurants/cafes voluntarily participated.

Check out this portion of the guide by going to our website at communitylivingpeterborough.ca go to: [news & events / publications](#)

If you have any questions about the guide, please contact: Heads Up for Inclusion (705) 745-1700 headsupforinclusion.ca

Corporate Members making a difference today!

DNS Real Estate Limited and Kawartha Lakes Cleaning are two such corporate businesses in town who, as Corporate Members, contribute to the vision and mission of



Kawartha Lakes Cleaning

Community Living Peterborough.

Join them in making a difference today. Check out membership info: communitylivingpeterborough.ca

From the Desk of the C.E.O.



Greetings,

From October 19-22 Community Living Peterborough will be going through a Quality Review. We

have been anticipating this event for some time. This is an extremely important step on our journey to build a community that acknowl-

edges everyone's capacity to be contributing members and we need everyone's help, especially our community supporters.

The Council on Quality & Leadership (CQL) will be sending a Review Team to spend time with staff, people supported, families, and community members, using focus groups, luncheons, conducting Personal Outcome targeted interviews, and meeting with some of the Agency's [continued on page 4](#)

Our Mission
To inspire respect and equality for people with an intellectual disability by promoting: community knowledge, organizational excellence and individual quality of life.

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

From the Desk of the C.E.O.

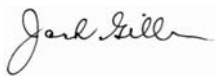
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organizational leaders. The review will evaluate the Agency's ability to provide supports that enhance the quality of life of people living with an intellectual disability.

As part of our campaign to become better known in the community, we are launching a Facebook page and we invite you to become a friend and join the conversation regarding building community here in Peterborough. Just go to our website and click on Find Us On Facebook!

Also, last year's first Annual Family Day was very successful and, therefore, we are hosting it again. This year's event will be on **Saturday, September 25th, 2010**, again at Nelson's Berry Farm, 3392 County Road 2, Keene from 11:30am - 2:30pm. Admission is free for a fun filled day of community fellowship to include Live Music, a Field Maze, Face Painting, Tractor Rides, and Children's Activities & games. There is also horseback riding for a low cost of \$3.00. Everyone who attended last year had a wonderful time and we would hope that it will be even better this year! For those who may need transportation to attend this event, please see the bus details on page 4 of this newsletter.

If you wish further information on how you can participate in any of the above, please call 743-2411 and our support staff will be happy to direct your call.



Jack Gillan
Chief Executive Officer
Community Living Peterborough



Find us on

Facebook

communitylivingpeterborough.ca



Join the conversation...

Community Living Peterborough's 2nd Annual

Sat., September 25, 2010

Family Day



Nelson's Berry Farm
3392 County Road 2, Keene ON

11:30 am - 2:30 pm
free admission

Bar-B-Q Lunch
Field Maze • Face Painting
Tractor Rides • Children's Activities
Horseback Riding(\$3) ...and more!

Transportation Services:
An accessible bus will be departing from,
and returning to, the No Frills Grocery
store parking lot at 230 George St.
Leaving No Frills at 11:00 am
Leaving the Farm at 2:30 pm

Events Contacts @ 713-2412:
Allison Mountney X.542
Pat McNamara X. 522

LIVE MUSIC

Bridget Foley and the Gospel Girls
Mercy Steelwood with Tom Eastland and Jessica Rustage
Curtis Driedger & Us and the Others



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Member Agency of: United Way of Peterborough
& District and Community Living Ontario
Charitable Registration Number: 10783-7262-RC0001
www.communitylivingpeterborough.ca

