



# Opening Doors

COMMUNITY LIVING  
Peterborough

December 2012

to Building Inclusive Communities

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*Belong*

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

## This is My Dream

- Heather Grosney, Community Living Peterborough

Ask him what he likes most about living in his own apartment and David MacLeod will respond with a short answer loaded with meaning, "Because it's part of my dream." And David has big dreams.

Currently 31, David works at Kawartha Cardiology Clinic. He has worked there for the last three years, and is a valuable full-time employee who takes care of sorting, washing and folding the laundry, cleaning the parking lot and getting the mail for the doctors each day. He loves his job, but his dream job would be to become an actor. Movies, television, commercials, theatre and directing, David wants to do it all. He made his first acting appearance in a short film with his brother, Cory, entitled 'Get off my Lawn.' He caught the acting bug soon into making that first film. Again, if you ask David why he wants to be an actor, he will repeat his mantra, "Because it's part of my dream."

Outside of work, David regularly volunteers with the Salvation Army and the Breakfast Club, and has played the symbol with the Peterborough Concert Band for the past five years. His love for music is so great that another part of his dream is to learn how to

play the piano. He has just recently started lessons with local piano teacher Alli Pfaff.

David's big dreams make his mother, Jane MacLeod, smile proudly. It was her own dream to see her eldest son move out of the family home so he could become "the best version of David he could be." She continues, "Not everyone believed that getting David his own place was the best idea, some friends and family members were skeptical, but I love how he has taken charge of his life and he is happy. We have supports in place to make sure he has everything he needs and we have worked hard to ensure that the supports are natural friendships, rather than just hired support."

David likes the fact that he can organize his apartment the way he likes it; he loves to keep his space clean and enjoys entertaining his friends, Meagan and Brian. "I am delighted with his degree of independence," says Jane. "It is hard to push your children out of the nest, but this was the right choice."

Ask David why it was the right choice and he will respond, "Because it's part of my dream."

## Dreams of Peer Leadership

- Krista Brailey, Community Living Peterborough

It is the dream for many of the young women we support to be empowered, to know and feel their worth, to believe their voice and their opinions matter, to know how to assert themselves, to understand how to be all they can be; young women who have the knowledge, confidence and skills to navigate through their world, their challenges and their dreams.

Community Living Peterborough is pleased to announce the second phase of our Young Women's Leadership Group, a series of facilitated workshops to empower young women living with an intellectual disability who live throughout the County and City of Peterborough. A year-long program, the Young Women's Leadership Group encourages young women living with an intellectual disability, who are dedicated to increasing knowledge and awareness about healthy relationships and abuse, to share

the message about these important issues with their peers and other women. With the successful completion of phase one of this group, which was funded by Status of Women Canada, phase two of this project was made possible with a substantial grant from the Canadian Women's Foundation: "Canada's only national foundation that helps women and girls reach their full economic and social potential." It is the approach of the Canadian Women's Foundation that when you teach young women about what a healthy relationship emulates, they will learn to recognize the early warning signs of abuse.

It is an unfortunate fact that half of all women in Canada have experienced at least one incident of physical or sexual violence since the age of 16. In fact, young women are especially at risk with 66% of all female victims of sexual assault under the age of 24, and 11% under the age of 11. As 60% of women living with a disability will experience some form of violence, Community Living Peterborough is dedicated to empowering the young women we support in hopes of decreasing

not only their risk, but that of their peers as well.

Over the course of this year, these young women will be involved in workshops addressing issues of recognizing abuse, expressing feelings, setting boundaries, building healthy relationships, public speaking skills and more. The young women will be advancing these learned skills by mentoring and speaking to other young women about the importance of these issues. This program will work in collaboration with the YWCA, the Kawartha Sexual Assault Centre, and the United Way in order to share resources and expand on the valuable skill sets these women will develop.

To learn more about this initiative or to make arrangements to speak at an event, please contact **Krista Brailey** at (705) 743-2412 ext 541 or [kbrailey@communitylivingpeterborough.ca](mailto:kbrailey@communitylivingpeterborough.ca).

**Join us in making Peterborough the leader in Inclusive Communities!**

## Iain Norrie: Volunteer Goal Achieved

Iain Norrie, 51, has not missed a single Peterborough Petes game since the early 1980s when he first started to volunteer as the team's stick/water boy. The position was his longtime dream job, and since the beginning, Iain has been welcomed and has formed some life-time friendships.

Petes trainer, Brian Miller, feels that Iain's hard work and determination is noticed throughout every level of the organization saying, "It has meant something for these players to see Iain do a job with his commitment level and enthusiasm."

During Community Living Peterborough's Night with the Petes this past January, Iain's dedication was recognized when he was asked to drop the puck during the opening ceremonies. "That event was a long-time dream of Iain's," says Community and Fund

Development Manager Cindy Hobbins. "Together with the Petes, we were able to make that dream come true."



This year's **Night with the Petes**, sponsored by DNS Real Estate Limited Brokerage, will take place on **Thursday, March 7, 2013**. Tickets are **\$10.00 each** and during the game, spectators will be able to take part in the family-fun activity 'Chuck-a-Puck' where spectators can purchase foam numbered pucks before the game, in support of Community Living Peterborough, and throw them out onto the ice during intermission. The closet puck to centre ice will win a fabulous prize!

## The Wish Fund: Songs of the Season

- Lisa Clarke, Community Living Peterborough

Plato once said, "Every heart sings a song, incomplete, until another heart whispers back." This year, through the support of donors, Community Living Peterborough's Wish Fund reached unprecedented success in raising funds and granting wishes made by the people we support.

Helping people with extraordinary expenses, and ensuring their wishes are heard, is an important goal of our Wish Fund. We encourage the people we support to take pride in their achievements by planning their goals, applying to the Wish Fund for financial support, and contributing (to the best of their ability) to the request.

The experience of fulfilling a person's dream is a feeling unlike anything else. Through opportunities like our Wish Fund, our Outcomes Facilitators have the ability to empower the people we support and "sing their songs."

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## Your Night with the Petes: March 7, 2012



vs.



Sponsored by DNS Real Estate Limited Brokerage

Tickets are \$10 each. Call (705) 743-2411 to reserve.



## Jack's Corner: Message From the C.E.O.

Singer and songwriter John Lennon sang in his number one hit song, *Imagine*, "You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us. And the world will live as one."

Originally released in 1971, Lennon's words still ring true today and definitely relate to the collective dream of the seven families who joined together in 1953 to fight for their children, who lived with intellectual disabilities, to have the right to attend neighbourhood schools. Over the course of Community Living Peterborough's near 60 years, the dreams of those seven families have been realized 64 times over.

Coming up on our 60th Anniversary, we now provide supports and services for 466 people in the Peterborough area. Each person we support has their own dreams. These dreams vary in size and come in many forms; some dream for themselves, while others may dream for the world. Just like your dreams, their dreams set the course for their lives and become their reasons for working, living or playing. The people featured in this month's newsletter have all shared their dreams here with you.

David has a strong desire to perform, to make others happy through his music, acting and his contagious smile. Bill and Reese share the dream to live in a home they decorated

themselves and to feel connected with their community. Each of the women in the Young Women's Leadership Group share the dream to make the world a safer and more accepting place for women. Iain is currently living his dream as a valued member of the Peterborough Petes team.

Our Wish Fund and *Home of Our Own: 100 Homes for 100 People* campaign provide substantial means to fulfill the dreams of the people we support. We are helping people via the Wish Fund to realize such dreams as owning new orthotics or dentures, taking a family vacation or attending an event with friends, and with *Home of Our Own*, we are helping people move into a home that they can truly call their own. Within the first year of our five year campaign, we have provided homes for 21 people and have raised over \$2 million dollars. We have four years remaining to help another 79 people realize their dream of a home in which they can become the King or Queen of their own castle.

This holiday season, I ask you to think of our *Home of Our Own* campaign and Wish Fund. Make it your wish to fulfill the dreams of others in your community. Remember, a life without dreams is a life without hope.

Season's greetings and may all your dreams come true.

Respectfully yours,

Jack Gillan  
Chief Executive Officer

## Change is a Good Thing



- Jessica Bushey, Community Living Peterborough

Making a change in your life, even something small, can help you set new goals. Bill Whawell and Reese Dow proved this point when they decided to give the home they share a much needed makeover. The new look to their home also influenced them to have a new outlook on enjoying what their community has to offer.

Together, Bill and Reese picked out the paint colours and with help from staff and their families, the walls were painted beige and bright green. The living room now has a new couch, a fireplace and a big screen TV! New flooring was also installed. To say Bill and Reese are happy with their home would be an understatement. When everything was in place, Bill looked around and said, "I won the lottery."

Bill and Reese are seeking more chances to enjoy their community. They started going to Parent-to-Parent Dances to meet up with their current friends and to re-connect with old ones, went to *Mamma Mia* at the Memorial Centre and Little Lake Music Fest, and even tested out camping at Silent Lake.

Reese speaks of the new renovations and community opportunities best when he says, "I'm happy now."

### Yes, I will support Community Living Peterborough!

#### Please Designate My Donation to

- Wish Fund       Home of Our Own Campaign       Other Area of Greatest Area

#### Donation Options

- Monthly donation of: \_\_\_\_\_ Starting: \_\_\_/\_\_\_/\_\_\_ (d/m/y)      Ending: \_\_\_/\_\_\_/\_\_\_ (d/m/y)  
 One time gift of:     \$50       \$100       \$250       Other: \_\_\_\_\_  
(Or leave open-ended\*)

#### Payment Options

- Pre-authorized donation on the 15<sup>th</sup> of each month. I have included a void cheque\*  
 Cheque: Pay to the Order of Community Living Peterborough\*  
 Credit Card:     Visa       MasterCard

Card Number: \_\_\_\_\_

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Please Make Cheques Payable To:  
Community Living Peterborough  
223 Aylmer Street, Peterborough ON K9J 3K3

Donate Online Through:  
Canada Helps at  
[www.communitylivingpeterborough.ca](http://www.communitylivingpeterborough.ca)

\* I may cancel my authorization at any time, subject to providing written notice of cancellation at least ten (10) business days before the next pledge is processed. I have certain recourse rights if any debit does not comply with this agreement. For example, I have the right to receive reimbursement for any debit that is not authorized or is not consistent with this PAD Agreement. To obtain a sample cancellation form, or for more information on my right to cancel the PAD Agreement and my recourse rights I may contact Community Living Peterborough or my financial institution. Charitable Number: 107837262RR0001.

# Wish Come True

CONTINUED FROM PAGE 2

Donations to our Wish Fund have helped people we support participate in the Special Olympics, travel to Niagara Falls and Great Wolf Lodge, enjoy Peterborough Petes and Lakers games, go fishing, acquire new orthotics and dentures, have a professional photo shoot, ride a new bike, learn to sew and perform CPR ... and so much more!

**As you enjoy your holiday songs this season, imagine the voices of the people we support. Please consider sharing your holiday joy by making their dreams come true through a donation to our Wish Fund.** For more information, please contact **Lisa Clarke** at (705) 743-2412 ext 539 or [lclarke@communitylivingpeterborough.ca](mailto:lclarke@communitylivingpeterborough.ca).

# Home of Our Own Campaign

CONTINUED FROM PAGE 1

David's move to supported independent living in his own apartment is part of the *Home of Our Own: 100 Homes for 100 People* campaign.

Through this innovative family-supported model and community housing partnerships with Community Living Peterborough, David is empowered to follow his dreams for independent living, meaningful work and recreation, and natural friendships. **Please support the *Home of Our Own: 100 Homes for 100 People* campaign this holiday season.**

For more information, please contact **Lisa Clarke** at (705) 743-2412 ext 539 or [lclarke@communitylivingpeterborough.ca](mailto:lclarke@communitylivingpeterborough.ca).

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to each of our donors.  
Your support makes  
dreams come true!

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