

Opening



Doors



Community Living Peterborough
Building Inclusive Communities

Community Newsletter
May 2008

Dr. Al Condeluci, CEO of United Cerebral Palsy/Community Living & Support Services of Pittsburgh, Pennsylvania, inspired, and “wowed” over 150 participants during his two day visit to Peterborough. Al’s theories and strategies in the areas of building community capacities and social capital for people have been utilized internationally.

Al’s definition of **COMMUNITY** is that of networks of **different** people who **regularly** come together for a **common** cause or celebration. So think of the many “communities” there are within the larger community of Peterborough. **The definition of social capital, simply put, is reciprocal relationships/friendships.**

the importance of BUILDING SOCIAL CAPITAL

Al’s message on the importance of building the social capital for people with intellectual disabilities and ALL PETERBOROUGH CITIZENS is key for their **Healthfulness, Happiness, and Longevity.** **This** is something we need to pay close attention to as we strive to maintain vibrant healthy communities.

Personal Outcome Measures (a tool used to measure a person’s quality of life and support networks) speak of the importance of people having valued social roles in a more formalized approach, people belonging to structured groups, associations and clubs. Al Condeluci’s belief is that when people form meaningful, reciprocal relationships, these formal roles will follow naturally. Both are required for people to make attitudinal change towards people who are seen as “different” within any community.



“You must be in community before you can be of community” - Condeluci People must be physically present in community in a variety of environments or cultures before they truly become a part of community. The most important support we can give people is to assist them in forming friendships. As we continue to change and affect the perception and attitudes about people with intellectual disabilities, people’s perceived value must be heightened.

Building Community & Social Capital... it's as easy as 1-2-3-4

Shared resource from United Cerebral Palsy of Pittsburg website ~ www.ucp.org

1. Develop a Cultural Profile Identify key areas of interest of people (what makes people interested & interesting)

2. Find the matching group or “community” to the interest of the person Check local newspapers, website, Chamber of Commerce, University/College, ask people

3. Study Community You need to understand the rituals, patterns, jargon, memory/history; ID the gatekeepers in each new environment you may introduce people to

4. Engage the Gatekeeper The **GATEKEEPER** is the critical component to becoming accepted into community. The gatekeeper is a key person within any group, association, or club who is held in high regard by its members. She/he is influential, trusted and holds the key to opening doors in community. Ask her/him to introduce the person to the “community”. The gatekeeper will automatically increase the positive image of the person just because of their status, opinion, credibility within the “community”

MISSION

Community Living Peterborough

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



Are you a Gatekeeper?

CAN YOU, OR DO YOU KNOW SOMEONE WHO CAN OPEN DOORS FOR OTHERS?

Start Building your own Social Capital



CHECK OUT THESE WEBSITES:

www.ucp.org

www.meetup.com

www.fourinfo.com

www.quidnovis.com

www.peterboroughpromotions.com

Gatekeepers

- "Tend to be positive people. They genuinely like people and look for the good in everyone they meet."
- "Are social risk-takers. They reach out to the underdog and are willing to take cultural flack if need be."
- "Reach out to new things, are curious and interested in why, how and why not."
- "Tend to be younger people and not so caught up in dogma."
- "More often than not tend to be women. Men are usually more conservative and become more easily set in their ways."
- "Are highly social and tend to be good mixers."
- "Tend to have respected influence with their community."

what SOCIAL CAPITAL means to ME

- Laura Challice

Social Capital is important to everyone. It's important to you, for you, and apparently if you don't have much Social Capital you die earlier than someone who does.

I have plenty of Social Capital. Social Capital is when you get out with someone and build relationships and networks. I belong to two committees; a theatrical group which puts on a production each year in the spring; I'm also involved somewhat in People First - Peterborough Chapter. During this article I will go into depth with a few of my activities and what they mean to me.

First are the committees. I sit on the Q.E.C. which is short for Quality Enhancement Committee. This is where we try to improve the lives of people with disabilities, on which I can give fairly accurate input because I receive service.

I also sit on the Heads Up for Inclusion Steering Committee, where we try to direct the Amigos Project into a direction where it is sustainable and a good quality project for the high school students who take part in it.

I also take part in a theatrical group for people with disabilities. We practice from September until late May, early June. This year the production is going to be on May 26th 2008.

My biggest role in People First as far as I can tell as a member at large, is to help out with Access Awareness Week.



Laura (left) co-leading a workshop for youth, during Access Awareness Week

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SOCIAL CAPITAL in ACTION



building **SOCIAL** capital
TOGETHER

TIPS:

- Turn off your TV
- Leave your house
- Know your neighbours
- Look up when you are walking
- Greet people
- Sit on your stoop
- Bake extra and share
- Use your library
- Play together
- Buy from local merchants
- Share what you have
- Help a lost dog
- Take children to the park
- Garden together
- Support neighbourhood schools
- Fix it even if you didn't break it
- Have pot lucks
- Honour elders
- Pick up litter
- Read stories aloud
- Dance in the street
- Talk to the mail carrier
- Listen to birds
- Put up a swing
- Help carry something heavy
- Barter for your goods
- Mediate a conflict
- Start a tradition
- Ask a question
- Hire young people for odd jobs
- Organize a block party
- Share your skills
- Listen before you react to anger
- Ask for help when you need it
- Seek to understand

Anne joined the Mall Walkers group at Portage Mall; she met Portage business owner Yvonne; they developed a friendship that goes beyond the mall; they have been getting together regularly over the past 3 years to socialize over coffee / dinner; they have both gained a great friendship

Barb goes to church with Carol Anne Sundays; Barb met fellow parishioner Carolyn who has a farm and shares the same passion for horses; Barb now visits Carolyn and they spend time together enjoying the horses

David met his friend Cindy when she was supporting one of David's friends; Cindy hangs out with David at the Pete's games during hockey season; and now have found other interests to share beyond hockey

Barb lives with her sister Karen; Fran who rents the basement apartment has become friends with Barb; they get together to enjoy their favourite past times - shopping & swimming

Laura started working at the Silver Bean Café; Laura developed a relationship with the owner Andrea and now hangs out with Andrea going shopping, having dinner, and going out for coffee.

Frank attends the Wrestling night at the Galaxy theatre; he and Carrie from the WOLF 101.5FM made a connection there; Frank and Carrie greet each other at each wrestling event; Carrie now includes Frank in her promo emails, and shares news that is of interest to Frank

Colin met Robin through horse-riding lessons; a friendship blossomed; Colin now hangs out with Robin at her farm .

Shannon met Kaeleigh through Sledge hockey; they started spending time together outside of hockey going to parties together.

Luke participated in downhill skiing through Special Olympics; he developed a friendship with one of the volunteers who was a Police Foundations student; when she comes back to town they go out for supper or out for coffee.

Jordan attends church; he developed a relationship with the minister who assisted Jordan to volunteer at the church; thus leading him to join the Youth Group and taking part in the Youth Group trip to the States.

Tan attended the CNIB technology fair, made a connection with a gentleman at the fair; got a computer; he's teaching her how to use the computer & email; Tan is now keeping in touch with family & friends

VISION

Community Living Peterborough

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.

What social capital means to me

- Laura Challice

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I run a workshop for elementary school kids, it's called TIME IN MY SHOES. This is in late May each year. I also attend some People First general meetings now and then. I also take part in People First Peer Education. We did a presentation to all the people in service and will soon start working together. We usually get together once a week.

That is just a taste of what I do. As you can see my Social Capital is great. There are other things that I do which were not mentioned. ***"My social capital is important to me because it helps me meet new people and get into new activities or at least learn about them, therefore it grows, which is good!"***

Moving into town has helped a lot for my social capital. When I was in Cavan which is in the country anything that I did during my day depended on two things. How mom was feeling and how the weather was like. Now we live in Canada in the winter so you should know how the weather can be unpredictable. My mom does not like to drive in bad weather which is understandable but it still put limitations on what I could do. Therefore my daytime social capital was a small one. Mom did not like to drive at night which again she had reasons and I could and still understand so my dad was my evening chafer. Dad is also a photographer so it depended mostly on if he was taking pictures at night. Although I love mom and dad, we are from different generations and have a different idea on what might be fun.



Laura performing with local musician Phil Stephenson at the Dream Players Variety Revue in 2007

Being in town has given me friends my own age as well as the ones that I got through mom and dad. I feel that my social capital is fulfilled and not confined to one area. I can do stuff that young people like to do when I'm in touch and do new stuff in

town too. Then when I go home on weekends I can do stuff that I like to do with dad and mom. For instance we like to rent movies and sometimes go to a camp fire at friend's house in the country or just in the back yard. Even going to the drive-in (especially on Tuesdays night) because it is car load night where you pay one cheap price. So all in all, my social capital gives me variety

and that's important to me.

contact US

Community Living Peterborough

Phone: (705) 743-2411

Fax: (705) 743-3722

E: contact@communitylivingpeterborough.ca

223 Aylmer Street
Peterborough, ON
K9J 3K3



Community Living
Peterborough

Building Inclusive Communities

55th Annual General Meeting

Pathway to Excellence... Celebrating Along the Journey

Join us:

Tuesday, June 17th, 2008
St. Joseph's at Fleming
659 Brealey Drive, Peterborough

Agenda at a Glance

5:00 ~ Social and Agency Showcase

6:00 ~ Opening Ceremonies

6:15 ~ Board Agenda

6:45 ~ Keynote Address by

Lois Harte-Maxwell, Vice Chair Council
for Persons with Disabilities

7:15 ~ Awards of Excellence,

Staff Recognition,

& Unsung Heroes Roll Call

8:00 ~ Closing Remarks

Community Living Peterborough

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Since 1953

THE ONTARIO
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www.communitylivingpeterborough.ca