

## Pan Am-Mania Hits CLH All Summer Long!



The Pan Am and Para Pan Am games got hearts racing throughout Community Living Hamilton this summer. Not only did staff and clients have an opportunity to see some games live, we had 3 staff and 1 CLH volunteer serve as Volunteers at CIBC Hamilton Pan AM Soccer Stadium. Our Executive Director, Sherry Parsley served as Workforce Supervisor, two full-time staff, Jonathan Costello and Nikki Coulson served as Event Services Hosts and volunteer Dale Hill served as an Event Services Team Leader during the two weeks of events in Hamilton. The Charlton Program had a once-in-a-lifetime opportunity of attending a soccer game in conjunction with the Toronto Foundation. To see how the rest of the organization celebrated the Games, turn to Page 8 and 9.



Top Photo: Jonathon Costello, Dale Hill and Sherry Parsley share a shift at CIBC Soccer Stadium.

Bottom Photo: Nikki Coulson arrives for a volunteer shift.

Right: A gold medal from the 2015 Pan Am Games.



## Keeping Up Appearances at 191 York Blvd.



Every week, clients at the York Program take time out of their day to tend to the gardens bordering the building at 191 York Blvd. They dig, remove weeds, turn over soil to keep the gardens looking fresh and tidy and sweep the front walk way. A big thank you goes out to everyone who helps keep 191 York looking its best!



## The Composer Series - Beethoven



Ludwig van Beethoven (17 December 1770 - 26 March 1827) was a German composer and pianist. A crucial figure in the transition between the Classical and Romantic eras in Western art music, he remains one of the most famous and influential of all composers.

His best known compositions include 9 symphonies, 5 concertos for piano, 1 violin concerto, 32 piano sonatas and 16 string quartets. He also composed other chamber music, choral works (including the celebrated *Missa Solemnis*) and songs.



Last year, as a member of the Drum Corps, we won the Provincial Championships in our category. To open the show I had a solo and played the xylophone based on Beethoven's 5th symphony. Beethoven wrote this symphony when he was deaf, and it is one of his most popular pieces of music.

John Kirkwood



## Annual Dragonfly Walk-A-Thon Held

Thank you to all of the participants and donors who were part of the 2015 Dragonfly Walk-a-thon!!

Even though the weather was HORRIBLE you still raised enough money to allow one person to enjoy a stay at the Dragonfly Lodge!

Thank you to Lococo's and Townco Multi Services for their generous donations as well.

Finally, a gigantic Thank You to Debbie Sullivan and her donors for raising \$450 in pledges. Wonderful Job!

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**Dragonfly**  
walk-a-thon



**Sunday, May 31, 2015**  
**TB McQuesten Park, Hamilton**

## Rosedale Program Meets a Local Celebrity



This summer at the "It's Your Festival" four ladies from the Rosedale program had the opportunity to meet a local television celebrity. CH News K-Lite FM personality Matt Hayes chatted with the group and answered many of their questions.

"I always wanted to meet Matt Hayes in person; he's a real nice person," said Arlene.

The group unanimously agreed that highlight of the day was having their picture taken with "Matt from CHCH News". Thanks for taking time out of your busy day to make some dreams come true Matt!



## 2015 Summer Shutdown Program Included



Danny, Harald and Drew enjoy a beautiful summer afternoon at the Hamilton Beach Strip. The afternoon was capped off with fish and chips and burgers from Hutch's.

While our day programs closed for the annual summer shutdown, a group of residents came together every day at Leeming Street to partake in parties, local excursions and entertainment.

Clients were treated to an Elvis impersonator, trips to the beach and trolley rides. You can tell by the smiles, everyone had a great time.



Above: A group of residents spent the day enjoying a picnic and feeding the ducks and geese.  
Top Right: Charlie enjoys himself while spending time inside the Leeming St. program on a hot summer day.





## Picnics, Day Trips, Elvis and a Lot of Fun

The group enjoyed the musical stylings of 'Elvis'. This was certainly the highlight of the week by all participants. Hip swiveling was the order of the day for everyone in attendance.



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# Help for Today, Plan For Tomorrow Event

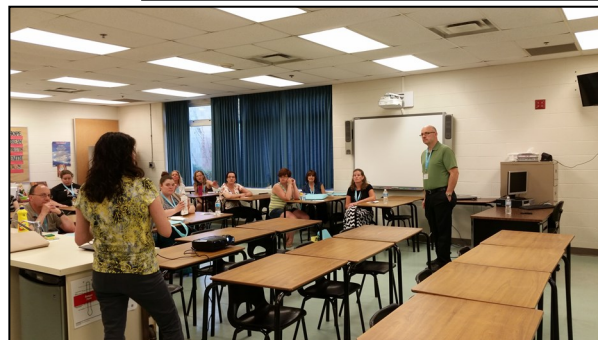


Attendees enjoyed lunch, catered by At The Table, a Hamilton YWCA initiative.

The first ever Help for Today, Plan for Tomorrow Family Conference was held May 9 at St. Mary Catholic Secondary School. Several Developmental Service organizations from across the city came together to plan the informative event. Attendees listened to Guest Speaker John Lord's presentation entitled 'A New Story' and then split into breakout sessions with topics that included 'Mindfulness in Every Day', 'Person Directed Planning', and 'Understanding and Supporting Those with FASD'.



Guest Speaker John Lord presented 'A New Day'.



Rachel Saunders and Arnold DeVires presented 'Understanding and Supporting Those with FASD'.



Above: Several Developmental Services organizations from the City of Hamilton were on hand with information for attendees. Right: Community Living Hamilton's own Fran Doodeman was in attendance to answer questions.





## Kentley Enjoys an Afternoon With Able Sail



Lewis gets ready to set sail with some help from Able Sail's friendly staff.

For the second year in a row, residents from Kentley had the chance to take to the high seas (Hamilton Harbour) to enjoy a day of sailing with Able Sail at Lasalle Park. Able Sail is an innovative program for community members with physical and cognitive disabilities. They have specially designed sail boats, qualified instructors and appropriate safety equipment.

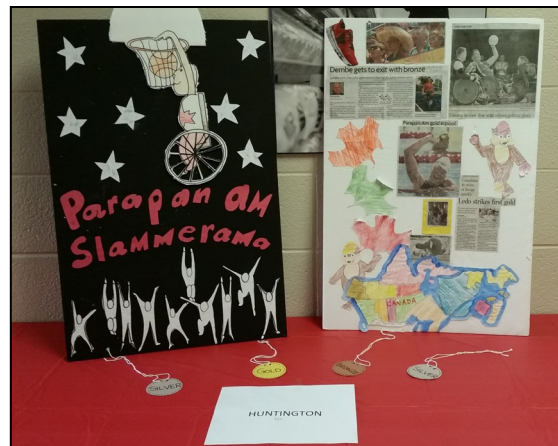
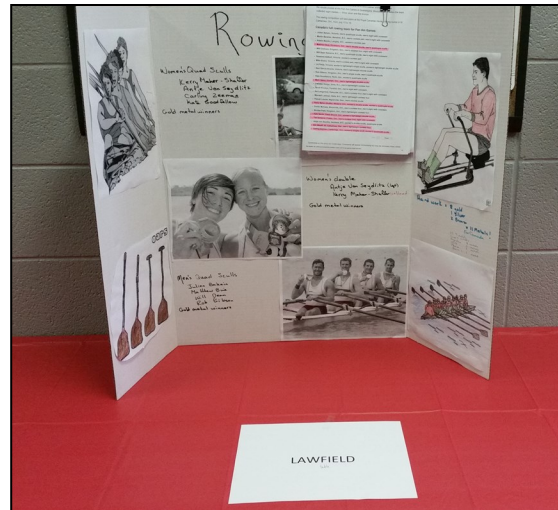


This was Iggy's second straight year sailing with Able Sail. He's starting to look just like captain aboard the boat! Right: Iggy comes in from some time on the water.

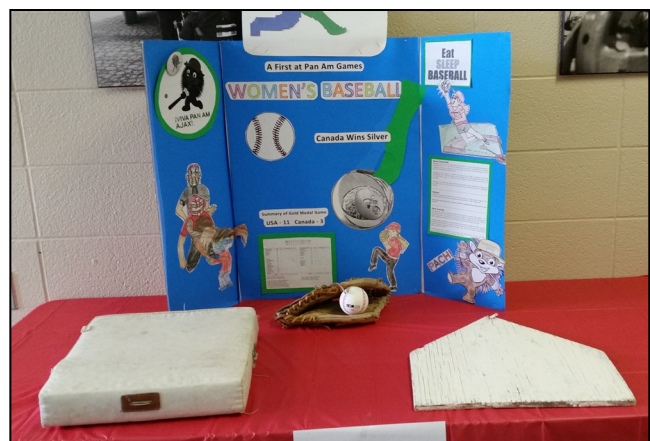




# CLH Celebrates the Pan Am and ParaPan



Community Living Hamilton celebrated the Pan Am and Para Pan Am games in style on August 14. Programs chose a sport, created a display and presented to everyone in attendance. (Above: Patrick from Parkdale presents: Swimming)  
Everyone in attendance had a chance to win a medal with a special cut out created by the York Program. Lunch was served and Pan Am prizes were awarded to everyone!





## Am Games Through Fun and Education



Above: Parkdale's 'Swimming' display.  
Below: Programs gathered after the lunch time BBQ to hear each other's presentation and win Pan Am prizes.



The cafeteria was decorated Pan Am style by the York Program and some programs showed their proud Canadian spirit by dressing in red and white. Above: Kerron from Lawfield is a proud Canadian!

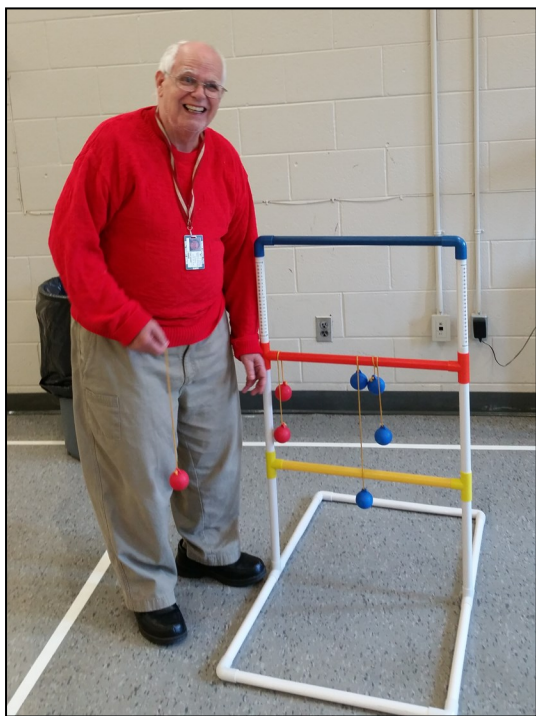


## Hester Program Catches the Pan Am Spirit



Hester Program clients enjoyed participating in the various sports. Everyone got involved!

The Hester Program also got into the Pan Am and Para Pan Am spirit when they spent the morning practicing their skills at ladder ball, horseshoes, ring toss and a creative game with the Nerf gun and targets painted to look like Angry Birds. The Program incorporates physical activity into their daily programming and can often be found playing shuffleboard and other games.





# Drum Corps Rolls On with Fundraising

After becoming Provincial Champions, the Drum Corps was asked to perform and educate at the Recess Program in Burlington. A great time was had by all.



If you have interest in joining our award winning Drum Corps, now is your chance.

**PLEASE JOIN US ON:**

**Wednesday September 16, 2015.**

**4:30 – 6:30 p.m.**

**191 York Blvd**

**For further information please contact Robyn 905-528-0281 ext 254**

**WE NEED DRUMS!!**

**We are trying out a new fundraiser by making parking available at 191 York for concerts/performances held at the First Ontario Centre.**

**Parking is \$10/vehicle and 100% of the funds goes to the Drum Corps.**

**Please let your friends/ family know.**

**Parking lot Crew-Journey concert- July 2015**



## Hester Program Visits the Dutch Mill



The Hester Program visited one of their favourite local attractions - The Dutch Mill County Market - in Dundas. The Mill offers a free petting zoo and picnic tables for an outdoor lunch experience. Nearby is another program favourite, Dymont's mini golf.



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## Kentley Residents Enjoy a Limo Tour



Staff and residents of Kentley enjoyed their annual limousine ride and tour of the Niagara Region in July. Every year, the group indulges and embark on a journey that usually includes a stop for lunch, sightseeing and a stop at Tim Horton's.

This year, two groups visited the city of St. Catharines.

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Above: John, Richard, William, Nancy and Lesley head out on the open road for the annual limousine tour.

Right: The limo gets ready to leave the Kentley Road residence for the trip.



## Interested in Being a CLH Board Member?

We are always pleased to receive applications from people who want to join our Board of Directors. If you're interested in joining our Board please let us know.

You can call our main office and ask to speak with Mimma Musitano; Mimma will have one of our current Board members call you back. Or, if you'd like, you can forward a letter of interest and your resume to [mmusitano@clham.com](mailto:mmusitano@clham.com).



## York Program's Hard Work Pays Off



Clients at the York program recently got to see all their hard work pay off when Fox 40 products that they assemble were on display at local retail stores.

The items pictured below are just some of the Fox 40 products they have worked on.

Since the beginning of our partnership with Fox 40 International in February 2014, we have packaged 3,440 safety ropes, 2,166 Flashlights, 8,100 Mouth guards, 5,600 Pro Pocket coach boards, 170,360 Whistles, and 7,961 boat bailers.

With each new contract, more and more clients join the existing contract crew and new skills are continually being developed.



Top: Some of the client's at the York Program who work on the Fox 40 contract.

Above and Right: Fox 40 products on display at Sail and Canadian Tire.

Below: The group hard at work assembling ropes.





# Friendly Calling Program



## What is Friendly Calling?

A program aimed to encourage seniors to live independently at home and enrich quality of life.

## How?

Through a weekly phone call by a volunteer, connecting you to community services/events, information and overall offering a

## FRIENDLY EAR!



Funding By....



## BENEFITS

- ✓ Feel connected to your community with services/events and information available
- ✓ Feeling included
- ✓ Build long lasting friendships
- ✓ Can reduce long-term health concerns
- ✓ **Someone to talk to**

**Dundas Community Services (905) 627-5461**

**Drop'n  
Shop**

**Free  
Gift**

*with  
purchase*

**10%  
Off**

*regular  
price items*

10<sup>th</sup>  
ANNIVERSARY  
EVENT

September. 17 -26

**10 Cent  
Deals**

*housewares, books, toys*

PLUS: Help Us Celebrate  
September 26 @ 12pm