

Helping Build Great Lives

Why? So often we can answer with confidence what it is we do, or how we do it, but sometimes it can be much more difficult to clearly explain why we do what we do.

In early 2014, our leadership team met to really think about this important question. Each member of our management team was asked to read a book written by Simon Sinek titled “Start with Why”. This really made us focus on the core reason Community Living Hamilton exists and what our promise to our community should be.

It was obviously very difficult to try to capture all the successes and facets of Community Living Hamilton in one statement, but it would be the most important first step in planning for our future while preserving our past.

Hours of discussions and information gathering brought us closer to an answer, but it was captured best by our Executive Director, Sherry Parsley, who said that our “why” is **HELPING BUILD GREAT LIVES.**

We hope this resonates as deeply with you as it did with us. We believe it is not our role to “do” for the people we support, but to help. We believe that anything worth pursuing needs to be built over time, like relationships, skills and confidence. The word ‘great’ is important because it is about more than being comfortable, it is about being thrilled. Finally, we realize that we are able to have an impact beyond our services, and that we have a real impact on the lives of those we support.

Over the last several months, you may have heard us speaking about Helping Build Great Lives, and you will certainly be hearing it more often in the future.



If you are interested in hearing more about Simon Sinek or his book “Start With Why”, a great video can be found on YouTube or Tedtalks.

-Dan Rankin, Human Resources & Organizational Development

Literacy & Basic Skills July Graduation

Five students were recognized for their achievements in the Literacy and Basic Skills Program at Community Living Hamilton on July 21st. Congratulations to Stanley Bone, Bill Graham, Michael Hunt, Eric Nedeyli and Robert Young. Excellent work gentlemen!



The students accept their graduation diplomas from Bill Bowman and pose as a group to display their achievements.

Congratulations!

Kentley Residents Set Sail in Burlington

On a fine summer day in August, Kentley residents Joe LeClaire and William Igashira set sail from Burlington harbor for a one hour tour. Luckily, unlike the Skipper and his crew, they made it back to land safely!



Joe and his Able Sail companion set sail from beautiful Burlington.



William gets ready to chart his course with help from Able Sail.



opportunity, and hopefully next summer, more programs will participate. If you would like more information about Able Sail, please call 905-921-7245.

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With one-on-one help from Able Sail, an innovative program people with physical disabilities, Jim and William were able to spend time on the water in their own boats and without assistance from the staff at Kentley. Able Sail has specially designed sailboats, qualified instructors and appropriate safety equipment available to all people with physical abilities to enjoy the sailing experience and enjoy the time on the water. The Kentley residents were the first to trial the



Bring Your Empty Pop Cans to ARC



ARC Industries is accepting pop cans for recycling. If you have empty, clean pop or juice cans, bring them down to 191 York Blvd. for ARC Industries to crush and recycle. The group has started a recycling initiative in-house that sees hundred of cans sent off for recycling every month. The program has also chosen to donate all money received for recycling to the 2014 United Way Campaign! If you have any questions about the recycling initiative at ARC,

please contact Dan Chartier at 905-528-0281 ext. 255 for more information.

Composers: A Series by Josh Kirkwood



Josh, an employee at ARC Industries, is interested in classical composers and his goal is to share his knowledge with you! Enjoy!

Name: Frederic Chopin (1810-1849)

Born: March 1, 1810 in Zelazowa, Poland

Died: 1849 - died of tuberculosis.

Music Genre: Classical

Frederic grew up in a middle class family.



His first composition was at age 7 and began performing and wrote Polonaise in G Minor at age 8 and he later became a piano teacher in Paris, and socialized with high society.

Audiences were enthralled with his highly technical yet poetically expressive performances.

He was considered Poland's greatest composer.



Leeming St. Celebrates 10th Annual BBQ



Participants at our Leeming St. day program enjoyed their 10th annual BBQ at Mount Hope Park. The day was filled with food and entertainment. The traditional piñata and BBQ hamburgers and hotdogs were a hit. Everyone moved to their own beat as the “Overplayers Band” once again entertained the crowd. The water balloon games were a bigger hit than expected...especially when the original target was changed!

Thanks to staff for another successful BBQ and here's to many more!!

A big thanks goes out to the generosity of

Sharon, owner of “Alpacas from Eighth and Mud” for bringing her therapy Alpaca ‘Serena’ so each and everyone of the participants could experience her gentleness. Serena is also a techie as you can see from her Blog...www.serenathealpaca.blogspot.com (I'm still wondering if she uses a specialized keyboard). Serena has visited many friends. (Facebook is next?)



Seeing the enjoyment that Serena brings to the individuals she meets is more than enough reward Sharon has said. Sharon has warmly invited us to see her business and farm.



Kathy Hastings, Leeming St. day program

Drum Corps Fundraiser - November 8

Gather your family & friends and join us for an evening of music, raffles, draws, food, drinks and good times!

DOLLARS 4 DRUMS

Saturday November 8, 2014



7 p.m. – 1 a.m.

UKRANIAN CATHOLIC CHURCH HALL

821 UPPER WENTWORTH ST

MUSIC PROVIDED BY CAROL MYKE

CATERING PROVIDED BY BURLINGTON CATERING

BAR SUPPLIED BY THREADS OF LIFE

****ADVANCE TICKET SALES ONLY****

Please contact ROBYN 905-528-0281 EXT 254
for tickets or further information

On behalf of the Drum Corps, we would like to thank you
in advance for your support.

Your ticket purchase will assist us in the purchase of new equipment
so we can continue to entertain!

The Corps members wish to express their thanks to Donovan Lucas for his generous donation of Drum Corps wrist bands!



33 Years of Wedded Bliss for the Frames



Congratulations to Margaret and Charlie Frame on 33 years of marriage! You may recognize the Frames from the Drum Corps and various Community Living Hamilton events. The Frames have been actively involved with CLH for many years. They served as DJs for weekly dances and Charlie is currently one of our office couriers, visiting programs in the lower part of the city. The Frames keep busy outside of CLH with Challenger baseball, 5 and 10 pin bowling and the Special Olympics.



2014 Special Olympics Summer Games



Team Ontario went to Vancouver for one week for 5 pin bowling. We had fun and we did very well. We got first. We did a lot of walking and saw the sights.

-Margaret Frame

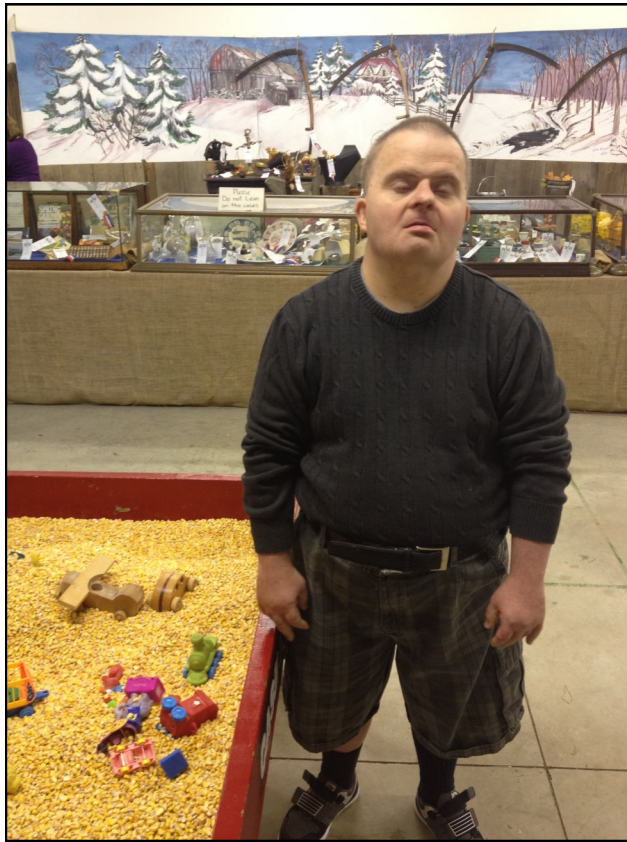
Valley Park Visits the 160th Annual

The Valley Park day program spent the day at the 160th Annual Binbrook Fair on Friday September 12. The group spent the morning getting up close and personal with chickens and baby chicks, horses, pigs and piglets, Serena the alpaca, cows and sheep. The group has submitted artwork and homemade goodies for over 8 years. Organizers of the fair have opened the doors early for the program for about 4 years, allowing a first glimpse at all the entries. As you can see from the pictures, a great time was had by all.



Binbrook Fair - September 12, 2014

Special thanks to the staff at CountrySide Grill on Hwy. 56 who hosted lunch for the group. Hamburgers and fries were enjoyed by everyone. The afternoon included a look at a variety of arts and crafts that were submitted by the group. The number of awards for the group are too many to mention! Congratulations to everyone who submitted artwork and baked goods.



Some of the award winning artwork submitted by Valley Park. Brian Sloan (above) enjoyed the day.

2014 United Way Campaign Underway

Community Living Hamilton's United Way 2014 Campaign is well under way! Our campaign goal for 2014 is \$9500.00. Check out pages 12, 13 and 15 for information on some of the events we are holding. If you have any questions about the 2014 campaign, please do not hesitate to contact any of our Campaign Champions: Danielle Meville, Lisa Cameron, Erin Ferguson, Denise Kidd, Tarryn Lloyd, Mimma Musitano, Sherry Parsley, Don Purich, Nancy Santini and Debbie Sullivan.



Christmas Craft Sale - November 29

Christmas Craft Sale
191 York Blvd.
November 29 – 10:00 AM – 2:00 PM

Vendors, penny sale, baked goods,
refreshments, United Way Christmas
raffles & lots more!



If you are "crafting"
contact Mimma Musitano
at 905 528-0281, ext.
233 to book a table.

Please join us on the 29th to get a head
start on your Christmas shopping!

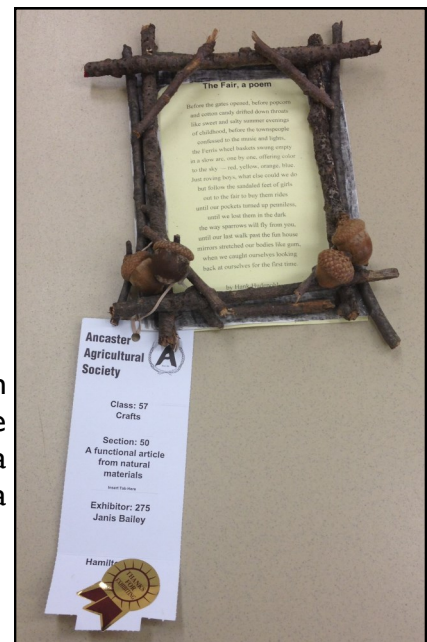


A Successful Ancaster Fair for Central

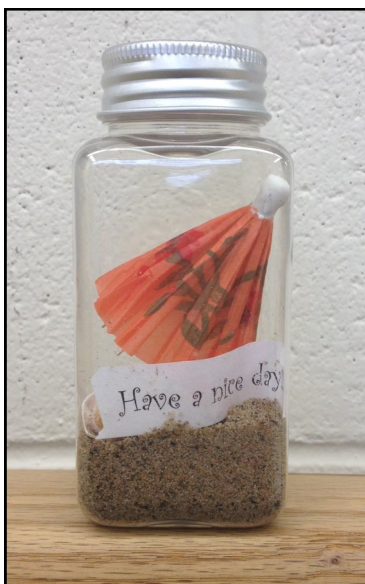
I can't wait. Did I win a ribbon?



As I walk through Merritt Hall move towards the back of the building I glanced at the cabinets. There were ribbons everywhere. I loved the red ones!



For the past three weeks the staff at CAP-Central have been helping us get ready for the fair. We had five categories we worked on; a functional item made from natural material, a cactus in a hand decorated pot, jewelry made from a kit, a decorative paperweight and an item made with pasta.



Congratulations to the Central program for all their ribbons and amazing submissions they made to the Ancaster Fair.



I had made a dragonfly using a maple key and made it into a pin, I decorated my pot with feathers and flower petals, a bead necklace, my paperweight was a rock that I painted and I made a picture of poodle with macaroni. I loved making all these crafts. It was so much fun. I enjoy being creative.

There's the counter. I take a deep breath and look. There's a red ribbon. I won first place!

Nikki Coulson, Central day program

Spaghetti Dinner

Thursday, December 4, 2014

Hosted by:



**11:30am-1:30pm
& 5:30pm-7:30pm
191 York Blvd, Hamilton**

All Proceeds Benefit the:



United Way
Burlington &
Greater Hamilton
uwaybh.ca

\$8.00 Adults

\$5.00 Children

Visit communitylivinghamilton.com for more details
or call 905-528-0281

United Way Bowl-A-Thon

Sherwood Centre
1095 Fennell Ave East

Tuesday, November 18, 2014
10am & 6:30pm



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United Way
Burlington &
Greater Hamilton
uwaybh.ca

Visit communitylivinghamilton.com for more details and to download our pledge form

Getting Ready for Christmas in Hamilton



Dundurn National Historic Site (Dundurn Castle) is getting ready for Christmas. Here are some ideas and events to get you out and about during the upcoming holiday season.

Dundurn Castle is located at 610 York Blvd. The 18,000 sq. ft castle was completed in 1835 and was home to Sir Allen Napier MacNab and his family. The Christmas festivities held at Dundurn Castle are not to be missed. Make some time this year to visit and enjoy all the season and the landmark have to offer.

Victorian Christmas

Enjoy the decorated home for Christmas.

Date: Saturday, November 22, 2014 to Sunday, January 4, 2015 (Closed Mondays)

Time: 12:00 p.m. - 4:00 p.m.

Cost: Regular admission rates apply to the museum.

First Day of Christmas

Please bring a non-perishable food item to help stock the Good Shepherd's pantry!

Date: Sunday, November 23, 2014

Time: 12:00 p.m. - 4:00 p.m.

Cost: Free event.

Christmas Evening Tours

Enjoy a unique opportunity to see Dundurn Castle decorated for Christmas in the evening. Begin your evening with carol-singing in the front hall, followed by an extended tour of Sir Allan MacNab's lavish home and a chance to sample an assortment of traditional Christmas foods served in Dundurn's historic kitchen.

Date: Friday, December 19, 2014 to Monday, December 22, 2014

Time: 7:00 p.m. - 9:00 p.m.

Cost: \$27.00 per person. Pre-registration required.

Ring in the New Year

Ring in the New Year at Dundurn with music, an extended tour of MacNab's lavish home and a chance to sample an assortment of traditional holiday foods served in the historic kitchen.

Date: Saturday, December 27, 2014

Time: 7:00 p.m. - 9:00 p.m.

Cost: \$27.00 per person. Pre-registration required.

Roberta Trunfio - Drop n Shop

The *POWER* of CHANGE

NICKEL DRIVE

Help build great lives by donating nickels!

Bring nickels to ARC or call
905-528-0281 ext. 260
to arrange pick up!



All proceeds go to:

United Way
Burlington &
Greater Hamilton
uwaybh.ca

Your Dog Wants to Support the United Way!

Homemade Dog
Biscuits Available



Baked Fresh by
Central day
program!

\$1.00 for 5

All proceeds benefit the United Way!
To order, please call 905-528-0281 ext. 238

Enroll Now for Learn and Grow Courses

Community Living Hamilton's Learn and Grow program has continuous enrollment.

Fitness Boot Camp	10:00am - noon	Tuesdays and Thursdays
Learning and Leisure	9:30am – 12:30 pm	Wednesdays
Crafting with friends	6:30pm – 8:30 pm	Wednesdays
Men's Club	6:00pm – 9:00pm	Thursdays
Ladies' Night	6:00pm – 9:00pm	Fridays
Drum and Sound	4:30pm – 5:30pm	First Friday of each month
Lunch Box	11:00am – 1:30pm	Saturdays
Sunday Social	1:30pm – 4:30 pm	Sundays

Each session lasts 3 months, with programming closed on holidays.

Additional emails and flyers that will be sent throughout the year for special events.

Registrations are now being accepted. You can fax, mail, email or drop off in person the payment details and the forms.

If want to be placed on our mailing list or have any further questions , please contact gpetitti@gmail.com or call 905 528 0281 ext 241.

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