



The CLAssic

A publication of Community Living Algoma



CLA staff, people supported and special guests gather for a group photo just prior to our first Annual 'Walk for Awareness.' The group walked up and down Northern Avenue carrying awareness signs and waving to people who honked in support of our action. We hope that you will join us in 2024 - just in time for CLA's 70th Anniversary!

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Working Together: Summer Employment Teams

CLA has a summer job program, through the Employment Network, where a person supported is paired with a job coach. They work in tandem at a number of Algoma-area businesses. This provides training opportunities and hands-on work experience. Each week, during the summer, we profile a work team in a "Working Wednesday" Spotlight on our Facebook and Instagram. Here are just a few of summer teams!

Meet Our Youth Employment Coordinators!



Emma & Ava



Crimson Ridge Golf Course



Chris & Ethan

Sinclair Ball Fields



Aiden & Harris

City of Sault Ste. Marie Cemeteries



Devan & Molly

Danny & Talia

Strathclair Fields



Andrew & Skylar



the **EMPLOYMENT** network

Award Winners!

Kathryn

Kathryn who was awarded the Coach-in-Training Award by the Sault Ste. Marie Gymnastics Club at their recent staff award dinner. Shown with Kathryn (right) is Hannah Barbarie, Supervisor of the SSM Gym Club. Kathryn has been at the Gym Club for over a year where she supports and coaches young children during their activities. Staff say Kathryn is a great asset and has a good work ethic. We are proud of you, Kathryn!



Kathryn (right) is shown with Hannah Barbarie, Supervisor of the SSM Gym Club.



Rachelle

As a multi-event competitor for the Special Olympics, Rachelle competed in five track and field events and came away with fabulous finishes, this past weekend.

- 1st place - Long Jump and 50 M Run
- 2nd place - Shot Put
- 4th place - 200 M Run
- 5th place - 100 M Run

A big round of applause to you, Rachelle! We are all proud of your achievements.



Rachelle is shown throwing the shot putt, a track and field event which saw her win second place.

Happy Housewarming!
Bill and Andy
move into their
new home



Bill



Andy



Bill and Andy have been enjoying settling into their new home. We look forward to seeing their garden grow!

The Algoma Community Vision Advocates are Looking for Members



We advocate for others with disabilities through the development of educational tools, networking, adapting to a changing world, and leading by example.

If this sounds like you, we encourage you to reach out by contacting Kira Beall:

kbeall@cla-algoma.org or call 705-253-1700 ext: 6002

Mission Statement of the Algoma Community Vision Advocates

"The Algoma Community Vision Council takes pride in building a rapport and understanding with individuals by listening to them and their needs, in an attempt to advocate for their best interest. We advocate through the development of educational tools, networking across the province, and adapting to the changing world, and leading by example.

We strive to better ourselves by growing our knowledge and exploring solutions for shared issues."

Meet the Algoma Community Vision Advocates



Introducing: Gordon (Vice Chair); Deborah (Treasurer); Craig (Chair); and Kira Beall (Coordinator, Advocacy and Inclusion, CLA) who provides staff support.

ACVA are a group of concerned individuals who speak out for change, advocating for others and ourselves within CLA and the community of Algoma. You can learn more about us by emailing us at advocate@cla-algoma.org. Interested in getting involved? We're looking for members - check out page 5 for more details on how to apply. We'd love to hear from you!

Did you know ... ?

The Algoma Community Vision Council provides the following on-line resources on our website: a Complaints and Concerns Brochure; Pyschotropic Medications brochure and a Respect presentation. If you have questions for ACVA, please email them at advocate@cla-algoma.org or call and leave a confidential message at 705 908 3765. Our website is www.algomacommunityliving.org.

A yellow rectangular poster with a white grid pattern. At the top, it says 'Algoma Community Vision Advocates are...' in bold black text. Below that, the word 'RECRUITING!' is written in large, bold, black letters with a white outline. Underneath, there is a paragraph: 'We advocate for others with disabilities through the development of educational tools, networking, adapting to a changing world, and leading by example.' Below this, it says 'If this sounds like you, we encourage you to reach out by contacting Kira Beall:' followed by the contact information 'kbeall@cla-algoma.org or call 705-253-1700 ext: 6002'. At the bottom of the poster, there are three stylized chairs: two yellow and one light blue.

CLA's own 'Music Man' spins the tunes in the CLA Welcome Centre



Each week, Julian (left) brings in some of his favourite 45 or 33 RPM records to provide a musical backdrop in the Welcome Centre. Joining him is Sergio Iacoe (Manager of Inclusion, CLA), who, on this day, enjoyed listening to the crooning of 'Old Blue Eyes' Frank Sinatra and Eddie Fisher. Julian owns an impressive album collection from throughout the decades.



Got tabs?

Both Mark and Kevin are collecting pop can tabs. They are recycled and the aluminum is turned into scrap metal. The funds received for the recycled tabs are used to buy, repair or maintain assistive devices - such as wheelchairs. Interested in contributing your tabs? Drop them off at our 99 Northern Ave. office and we'll give them to Mark or Kevin.



Community Living Algoma AGM reflected on the past, identified future needs and honoured outstanding community supporters

This year's Annual General Meeting featured the theme **“The Road to Success is Always Under Construction,”** it was an opportunity for CLA to showcase the many positive achievements over the past year. It was also a reality check about how the permanent goal of wanting to achieve the best possible quality of life for people supported, means continuous adapting, adjusting and re-learning along the way.

“Our success is always under construction as we build new paths, new relationships, new thinking and new approaches,” says John Policicchio, Executive Director, Community Living Algoma. “This collective journey is towards achieving citizenship for children youth and adults, with an intellectual disability, so that best quality of life becomes their reality.”

Community Living Algoma has seen support, for people with intellectual disabilities, evolve from supporting people in congregate settings to more person-centred and individualized approaches.

The AGM, held at the Water Tower Inn on June 22, drew 60 attendees including people supported, staff, volunteers and area businesses. It was the 30th AGM for the agency and was co-hosted by CLA Board of Directors' Chair, Linda Headrick and Executive Director, John Policicchio (shown in photo).



Policicchio said continuous effort needs to be expended into recognizing how the family unit is an integral part of an individual's life in terms of strength, supports and unconditional love. Policicchio stated that it is important to recognize the families who were the pioneers in laying the foundation of advocacy back in the 1950s. He added that, moving forward, CLA wants to provide the support not only to people with intellectual disabilities but also to the families so that foundation of a family is preserved.

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CLA AGM coverage ... continued

Highlights of the 2022-23 year included:

- Introduction of Key Performance Indicators to define quality of life and workforce excellence.
- Success of a Response Team in providing time-limited support to people supported who may be experiencing difficulty in their current situation.
- Continued Transition to Community-Based Housing. Shifting from group living to community-based housing has allowed individuals to experience personalized support, freedom to choose where they live and with whom, and a sense of belonging within the wider community.
- Continued success in case management processes to better serve the individuals we support and achieving a zero-wait list.
- Responding to the needs of families by providing unique and individualized support for children and youth, ensuring their well-being while fostering a supportive environment.
- Continued growth and development through theEMPLOYMENTnetwork and our Summer Student program.
- Continued guidance from esteemed experts including Dr. Al Condeluci, Dr. David Pitonyak, Dr. Al Vecchione, Dr. Jacques Pelletier and Dr. Shelley Moore.



Cindy Thomas (right), recipient of the Community Partner Award (right) is shown with Sarah Bernabucci, Services Manager, Community Living Algoma.

The Community Partner Award was presented to Cindy Thomas, a nurse with Bayshore HealthCare. Cindy was recognized for her responsiveness to CLA's health care training, both individual and group, and her compassion towards the people supported by CLA. Staff are trained in theory, by demonstration and then in hands-on practical learning. Cindy has played an integral role in ensuring that CLA offers quality health and wellness practices.

CLA AGM coverage ... continued

The Volunteer of the Year Award was presented to the Rights Review Commission, collectively. This impartial body of volunteers represent people from the public. The Commission is tasked with safeguarding the human, civil and legal rights of all people who receive services from Community Living Algoma. Where rights have been restricted, they review recommendations and plans to enable people to retain or regain their rights.



Rights Review Commission members are: (left to right): Rosalind Ennis, Evi McKee, Deborah Chadwick along with Sabrina Wade, Community Living Algoma Co-ordinator, Staff Support to the Committee. Not shown are committee members: Kali Bertolo and Larissa Richmond.



Our Lady of Lourdes French Immersion Catholic School received the Champion of Inclusion Award. It was accepted on their behalf by Cindy E. Crawford, Marketing & Communications Coordinator at Community Living Algoma.

The Champion of Inclusion Award was awarded to Our Lady of Lourdes French Immersion Catholic School in Elliot Lake (Huron Superior Catholic District School Board). The annual contest recognizes how inclusion is happening in schools in the District of Algoma. The school has received two back-to-back awards in the 'Together We're Better' contest in the last two years proof of their commitment to promoting and fulfilling the objective of an inclusive school environment, culture and climate.



Coming up!

CLA's TRUNK SALE!
Sept. 23 (rain date Sept. 24)
at 99 Northern Ave. East
Sault Ste. Marie
Details to be announced
soon!
Sales, crafts, food & more!

SAVE

**GET READY
FOR:
CLA'S
70TH
ANNIVERSARY**

VARIOUS DATES TO BE
ANNOUNCED IN

2024

THE

DATE

(ACTUALLY VARIOUS DATES
THROUGHOUT THE YEAR!)



**ALL KINDS
OF
LOCATIONS**

HELLO SUMMER!



Charles



Denise & Tina



Nathan



Erin



VOLUNTEERS WANTED



Together the ACVA advocates for others with disabilities through the development of educational tools, networking, adapting to a changing world, and leading by example. We are happy to announce that we are accepting new members! If this sounds like you, we encourage you fill out a volunteer form.



We are actively seeking volunteers to serve on our various Committees. Being on a Committee can be a great stepping stone if you are thinking of potentially becoming a member of our Board of Directors. Help drive positive change and contribute towards building a strong, inclusive community. Share your experience and know that you are helping people live their best lives.



In 2024, CLA will be marking our 70th Anniversary and we need your help! If you are looking for a meaningful way to connect with others, and are interested in sharing your time and energy, please sign up as a volunteer. We are seeking to fill a variety of positions including: event planners, set-up, ushers, greeters, guest services, go-fers and history buffs.

Interested in an opportunity that will enrich the lives of others, and yours, as well? For the Algoma Community Vision Advocates, please email: advocate@cla-algoma.org. For Committees, contact Jennifer at Jennifer_Wiwchar@cla-algoma.org. For 70 years celebrations, please contact Nicole at Nicole_Clark@cla-algoma.org. Or call 705 - 253-1700.



SCAN ME



SSM Police Now Offer a Wandering or Vulnerable Person Registry

Media Release from Sault Ste. Marie Police Services

As of May 2023, the Sault Ste. Marie Police Service now offers a **Wandering and/or Vulnerable Person Registry**. Online Reporting was re-introduced mid-way through 2020. Since that time, members have been exploring ways to expand the service for the people of Sault Ste. Marie and Prince Township.

Sault Ste. Marie Police will continue to work with community partners to ensure the registry meets their needs and provides critical information for first responders. Having an internal registry will allow people who voluntarily register themselves or loved ones to provide police with information not currently accessible.

Information, such as photographs, methods of approaching the vulnerable person to de-escalate any situation and routines will increase the safety of the public, officers and may save the life of someone who is not with their caregiver.

The registry is for wandering and/or vulnerable people who are living with:

- Autism,
- Alzheimer's Disease or other forms of dementia,
- An acquired brain injury,
- An intellectual disability, and/or
- Any other vulnerability



who may exhibit patterns of behaviour that may pose a risk to themselves or others.

The information voluntarily provided in the registry will only be used by first responders to assist you/and or your loved one in a crisis.

To learn more about the Wandering and/or Vulnerable Person Registry, visit www.saultpolice.ca/wvpr.

To learn more about the Online Reporting System, visit www.saultpolice.ca/reporting.



Foodie Friday with Will!

Will's personally-selected recipes and cooking tips are published regularly (on Fridays!) on our Facebook page.



Will is a Welcome Centre greeter at CLA and a huge food enthusiast who likes to share his knowledge with others.

Let's Ask Will ...

What is your favourite dish and why?

Answer: The 'De-constructed Taco' is a first-choice favourite for Will. It involves creating a taco casserole versus the traditional tortilla shell topped up with ingredients. Will says he likes it because it is a different take on classic food fare. Ingredients are layered in a casserole pan (*cooked ground beef mixed with cream of chicken soup, topped with crumbled tortilla chips, and cheddar heese*) and baked at 350 degrees F for 25 minutes. Sounds very tasty, Will!



Recipes Wanted!



CALLING ALL CHEFS

William from CLA's own, *Foodie Friday with Will*, is taking on the exciting project of....

The **CLA Family Cookbook!**

Submit a recipe, that is near or dear to your heart (and stomach), that we can incorporate into the cookbook! You can submit as many recipes as you like. Please include a brief explanation as to the importance of the recipe or why it is special to you. This info will be included with your recipe.

Send the recipe or a clear photo of the recipe to:
William_Mazachowsky@cla-algoma.org.

Please submit your recipe by September 29

Guest columnist: Kevin W.

I am a self-advocate; I am also an epileptic

Diagnosed with genetic epilepsy at birth, Kevin understands what it is like to have a schedule filled with appointments, medications and seizures.

Despite these challenges, he is a strong self-advocate for his health and wellness and is an active participant in his care and management of symptoms. He is quick to credit his parents Carl and Mariette; his sister Cynthia; his identical twin brother Keith; his niece Delilah plus other extended family members; in addition, he thanks his CLA support team, for their roles as supporters, care-givers and, on occasion, his life-savers.

Here is my story.

Epilepsy is a unique disability. It is a neurological disease that results in seizures. Epilepsy treatment can involve taking various medications and even surgery. I take a number of medications for my genetically-encoded epilepsy. I have also had the Corpus Callosotomy to help to reduce the frequency of seizures and the Vagus Nerve Stimulator surgery to reduce the severity of my seizures. I have a Vagus Nerve Stimulator in the left side of my chest and it works with the other medications that I take to control my seizures. Prior to these procedures, the seizures were very painful and difficult to control.



I am grateful for the advances in medication and surgical procedures for epilepsy patients. I am particularly grateful for the Epilepsy Clinic at London University Hospital.

I have had my epilepsy medications changed radically, over my lifetime, and medications and treatments are constantly evolving.

Dr. S. was the doctor who helped me have a better life and he uses my situation as a case study in his class to help his students understand how the brain functions properly in that type of medical field.

Where would patients be able to get their medical treatments without having a epilepsy specialists, like Dr. W.B., who created the first clinical trials and studied epilepsy patients to learn how they can help them with their epilepsy treatments.

.....2/

Guest Column: Kevin W. *continued...*

The care I have received, plus these two surgeries, have given me an improved quality of life, now, in contrast to what it was prior to the procedures.

I experience different types of auras before having any one of the six types of seizures that I can experience. I can have grand mal seizures. Petit mal seizures. I can have seizures any time of the day or night.

Any type of seizure is mentally, physically and emotionally exhausting. Strobe lights and tube lights can cause serious side effects to my seizures. My movements are involuntary during a seizure so I have had many injuries, as a result of my seizures, over the years. I also have migraines that make it hard to function.

I fight a war against myself every day. I have fallen in to several different objects and in so many different ways that it is not humanly possible to count them all. I try to reduce stress levels by managing anxiety levels.

I wear a helmet to reduce injuries to my head in the event of a seizure. I turn my medication bottle upside down after I have taken my pills to remember that I have taken them.

There are many people who have played a critical role in my life. I am very grateful to each and every one of them.

Keith has been a great support when I have had seizures.

My friend, Gary B., helped raise money for new medical equipment by selling old equipment and accepting donations. Support workers on my current team, plus Heather, Robbie, Tuevo, Ashley and Ankita have been supportive. Jim has played an important role for many years.

I also want to recognize the medical expertise of Dr. D.S., and Dr. K., and Dr. J.M-T. They have tried over the years to help make my life better and easier for me and my life safer and healthier.

Despite all of his challenges, Kevin still considers himself to be lucky. As a self-advocate he recognizes how important it is for him to keep-on-top of his health and aware of his surroundings. He wrote this column to provide information about epilepsy to educate people. He also wants people, who may have epilepsy, to be aware that there are different treatment options out there.

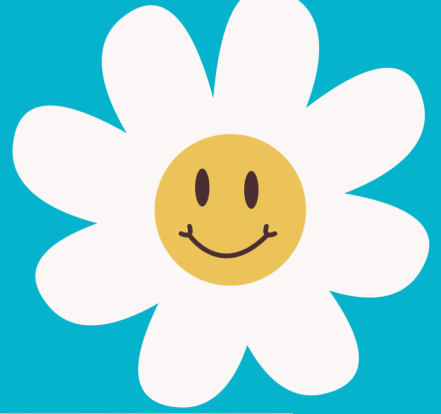
Kevin is also reaching out to help others by collecting pop can tabs for charities. You can read about those efforts, and how you can contribute, elsewhere in this newsletter.

Word glossary:

Corpus Callosotomy is when the corpus collosum (a bundle of nerves) is disconnected between the right and left hemispheres of the brain to prevent the spread of seizures from one side to the other.

Vagus Nerve Stimulator decrease seizure frequency, severity and duration. A battery-powered simulator is implanted and it wraps around the vagus nerve and interacts with the brain's nerves. A magnet gives a caregiver the ability to sweep over the VNS and manually deliver an extra dose of therapy to stop or shorten a seizure. (Source: LHSC.on.ca)

Smile+



Erin



Paul



Rachelle



Joey



Frank



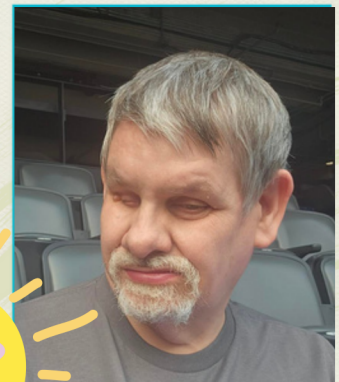
Tracey



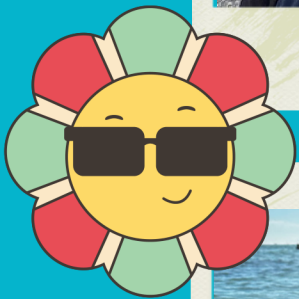
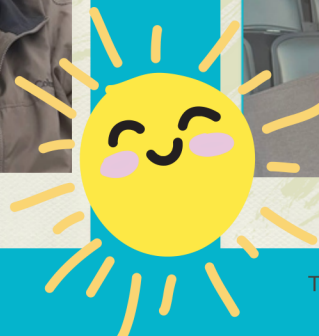
Landyn



Harry



Dave



Are you an aspiring writer or artist?

Interested in writing for The CLassic?
Or having your artwork featured?
Or your photos shared?

CLA's external newsletter goes out to approx. 500 people three times a year

Have a story about a trip or adventure?

A poem that you've written?

A drawing that you're like to share?



HOW TO SUBMIT:

The CLassic newsletter is printed three times a year. The people who receive it are people supported, their families or caregivers and members of the public who have requested it. It is free.



We do not pay for any submissions, however, we will include your name (first name only) and two sentences about who you are or why you sent your story, poem or artwork to us. We will provide you with extra copies of the newsletter to share with your family or friends.

Consents must be signed for anyone appearing in a photo.

CALL OR EMAIL CINDY, THE EDITOR, FOR MORE INFO



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STORIES OR POEMS

Tell us about a trip, a great day or a reunion. Share it as a story or a poem. Maximum wordcount is 250 words.



ART

We create design based on your value, purpose, and business needs.



PHOTOS

Have a photo of you and your pet? A photo from a trip? A picture of a flower in your garden? Maximum of two photos submitted.



Scan me!