

WRITTEN BY THE
COMMUNITY
PARTICIPATION HUB



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WE ARE NOW OPEN AT THE NEW COMMUNITY PARTICIPATION HUB

The Hub is officially open in downtown Minnemoia, located at the former Everything Under The Sun consignment store building.

We welcome the community to stop by and introduce themselves and have some fun. Our hub is here to assist the individuals of Community Living Manitoulin to get out and about, actively participating to feel part of their own community.

There are now more opportunities for the individuals to get out and participate within the community and become active community members.

If you have any special talents that you would like to share with us, feel free to stop by as our individuals are always eager to learn new and exciting activities.

We are open Monday to Friday from 8:15am to 3pm.



Big thanks to Jan McQuay for coming to the Hub and sharing her talent of making pottery.

She taught a pottery class to five people. Everyone enjoyed learning something new. Jan makes pottery and sells them in the community. Tyler, Brock, Cathy, Miikka, Keith worked hard rolling and shaping flower vases. Jan is then going to bring them back to her studio and have them cured, painted and glazed.





Fun time in Kagawong walking the trail and checking out Bridal Veil Falls with Dave, Tim and Norm.

DID U KNOW FACTS

Did you know that a human can't lick their own elbow?

Did you that your foot is the same length of your forearm from wrist to your elbow?

Did you know that there are only 11% left handed people in the world?

Did you know August has the highest percentage of human birth?

Did you know an ostrich's eye is bigger than their brain?

Did you know that reindeer like bananas?

Did you know that birds need gravity to swallow?

Did you know that M&M chocolates stands for the creators, Murrie and Mars?

Did you know that coca-cola originally contained the drug cocaine?

The harder you work for something,

The greater you'll feel when you achieve it.

May is Community Living awareness-month. We at Community Living Manitoulin would like to take this opportunity to thank everyone for helping create an inclusive community for people with disabilities. We want to recognize all their passion and commitment in creating a truly inclusive society.

RECIPE CORNER

Lunch Lady Brownies

Preheat oven to 350

Line 9x13 baking pan with foil and spray with non-stick spray

In a bowl mix with an electric beater

- 1/4 cup melted butter
- 1/2 cup cocoa
- Add 2 cups flour and 2 cups white sugar. Beat together
- Add 4 eggs and 4 teaspoons vanilla

Pour into prepared pan. Bake 25 to 30 minutes. Remove from oven.

Let stand for 15 minutes before frosting.

Chocolate frosting

1/4 cups butter

1/4 cups milk

1/4 cups cocoa

3 cups powdered sugar

Mix and beat. Frost brownies when cool.



Alana, Clayton and Norm enjoying a lovely walk on the Providence Bay boardwalk along the dunes.

HOROSCOPE CORNER

Aries (Mar.21 – Apr.19)	Don't hold back today: let everyone know how you feel.
Taurus (Apr.20- May 20)	Don't bother planning any activities. Kick back and relax today, you are worth it
Gemini (May. 21- Jun.20)	Stay focused on your ambitions today and don't let other people bog you down.
Cancer (Jun.21 – Jul. 22)	Some things in life you can change and some-things you have to accept. So as long as you are aware of the fact , you won't waste time trying to change the situation.
Leo (Jul. 23 – Aug.22)	Find your voice today and let others know what it is you expect from them.
Vigro (Aug.23- Sept.22)	What you say and do can affect other people just as much as it affects you.
Libra (Sept.23- Oct.22)	It's not possible to get everything done in one day. Make a plan and work through each task one at a time.
Scorpio (Oct.23- Nov. 21)	Stay calm and make like you don't have a care in the world
Sagittarius (Nov.22- Dec. 21)	Call it as you see it today and don't worry that certain people could be hurt by you.
Capricorn (Dec. 22 – Jan.19)	Don't try to change the world, just focus on what you can change in your own life
Aquarius (Jan.20 – Feb.18)	A friend may be making fun of your old fash-ioned ways but you will have the last laugh.
Pisces (Feb.19 – Mar.20)	Don't push yourself too hard today.



Community Living Manitoulin advocates for, promotes and facilitates the full participation, inclusion and citizenship of people who have an intellectual disability.

Goal Statement

The goal of Community Living Manitoulin is that all persons live in a state of dignity, share in all elements of living in the community and have the opportunity to participate effectively.

We would like to thank Sharon Dewar who stopped into the hub for a visit. She sat and socialized with several individuals.

Sharon coloured an adult colouring page with Brock and Keith. She then worked on printing names and teaching individuals how to spell her name. Brock and Keith were very happy to see her and appreciated her for coming in to visit.



Thanks to Tyler for purchasing an air hockey table for the Hub. Clarissa, Brock and Bruce are having a blast.

Brock and Danielle watering the herbs that will soon be planted in the Community Living garden.



Norm and Tim checking out the new decals on the Chi-Cheemaun ferry at South Baymouth.



SENIOR LEISURE GROUP

The Senior Leisure group has been busy in the community. Recently they went to Espanola for a swimming and out for lunch. Everyone had a great time.

Every Tuesday they venture to Gore Bay to the Manitoulin Lodge. They enjoy listening to music and socializing with the people there. They also indulge in treats and beverages..

Now that the walking group has ended for the season at the missionary church, the senior leisure group now goes to Providence Bay to do a walk on the boardwalk. Everyone loves getting out and enjoying the fresh air and scenery.



Treat people the way you want to be treated.

Talk to people the way you want to be talked to. Respect is earned.

LETTER FROM OUR EXECUTIVE DIRECTOR

Community Living Manitoulin advocates for the full inclusion of people who have an intellectual disability in all aspects of community life. What does it mean to be a citizen? Life is about feeling like you belong. When you are part of a community, you gain a whole new look on life. Communities provide a sense of respect and acceptance. To be a citizen is such a powerful feeling. As a citizen, you get to experience the same rights, responsibilities and opportunities as the next person.

.At Community Living Manitoulin, we aim to ensure that people who have an intellectual disability are treated as citizens within their communities, at every stage of their life. We teach them the responsibilities that go along with their rights. We advocate that they be accepted as full members of their community and welcomed as part of their community.

Individuals are supported to try different opportunities to explore life, - do you want to work, go to school, volunteer, join a club, or live on your own or with a partner?

The Community Hub is a welcoming place that allows people to try different things and become part of their community. They can discover what they like and what they don't like. Staff help them to recognize their rights and responsibilities and encourage them to grow. We help them find their wings, so they can fly.

We are here to help people recognize that life is more than your rights to choose what you do. It is about their right to change their world, if they want to.

Are you part of the community? Are you accepting of others who may be different of others? Let's all grow and welcome all into our community.

This is what CLM hopes the Community Hub achieves:

“Collectively achieve a respectful, person centered community of integrated services and supports with a build in flexibility, balance and accountability for all adults we support.”

Tammie Molenaar