



THANK YOU to each person who purchased a 2023 Lottery Calendar. CLC-K is thrilled to announce we are SOLD OUT! Good luck to everyone. Stay tuned to Social Media for the announcement of the \$1,000 winner on January 1!

Thank You

Newsletter Highlights

A Message from Executive Director

Supporting Important Causes

Health & Wellness

Dreams Come True

In Our Community

Events

In Memory



WWW.CLC-K.CA
519-352-1174
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MESSAGE FROM EXECUTIVE DIRECTOR



The Chatham Goodfellows' Porchlight Campaign on November 28, was a wonderful example of CLC-K giving back to the community of Chatham-Kent.

Two teams from Community Living Chatham-Kent participated, collecting a total of \$1,248.20, several pounds of food, and toys.

A huge thank-you goes out to Alex J., Josue P., Kevin W., Steve Kemp, Christine Kent, Kyle Lozon, Aaron Coristine, Brad Verfaillie, and Aaron Watson.

Community Living Chatham-Kent's Community Christmas Concert was on December 2.

Congratulations to Nicole Roeszler and Lisa McAllister for an outstanding event.

Thank-you to St. Paul's Congregational Church, Autoliv, Optimist Club of Chatham, Wright's Electric, Subway, Match Eatery, Angie Viazon, Jackie C., Janell Beemer, Angela Corso, Jerry Corso, Christine Kent, Jennifer Ginty, Virginia H., Aktion Club, Penny Cowell, Bruce McAllister, Craig W., Greg Homewood, Harry Arneill, Bailey Baggio, Leaders Within Graduates, and the performers.

A special shout-out to Sailor Cartier, Aubree Frederick, Ellie Ginty, and Marshall Ginty.

I extend a warm thank you to the people who access services and the families for placing your trust in the agency.

I am very grateful for the generosity of the citizens and businesses of Chatham-Kent.

To the employees of this agency, you are the best.

On behalf of the Community Living Chatham-Kent Board of Directors, Happy Holidays.

A handwritten signature in black ink that reads "Ron Coristine". The signature is written in a cursive style with a horizontal line extending from the end.

Ron Coristine
Community Living Chatham-Kent

SUPPORTING IMPORTANT CAUSES



Throughout the month of October, Community Living Chatham-Kent hosted a Thanksgiving Food Drive in support of Outreach for Hunger.

Giving back to the community is very important, especially with the increase in food bank usage in Chatham-Kent.

"Outreach for Hunger is now serving between 500 to 700 families per month," Brenda LeClair, Executive Director for Chatham Outreach For Hunger said. "It is difficult to keep up with the unprecedented demand. We sincerely appreciate Community Living Chatham-Kent's efforts."

The agency-wide food drive collected items including food, refreshments, and needed supplies.

Thank you to each person who donated items, as well as to all the volunteers who assisted with delivery.

SUPPORTING IMPORTANT CAUSES



Community Living Chatham-Kent was proud to participate in Light It Up! For National Disability Employment Awareness Month (NDEAM).

NDEAM is an annual campaign led by the Ontario Disability Employment Network (ODEN) each October to promote disability inclusion in employment. It recognizes how people who have diverse abilities contribute to businesses and their communities, helping companies be successful and competitive.

Light It Up! For NDEAM is a one-night-only, coordinated lighting event in support of NDEAM.

CLC-K, along with many others across Canada, ignited purple and blue lights on residential locations, as well as the Administrative Buildings.

HEALTH & WELLNESS

The Holidays can be a very busy time of year.
Here are a few self care tips:

Self Care During the Holidays

1. Start with gratitude

When your mind goes towards a negative, find a way to flip that around.

2. Just say no

It's okay to say "no" sometimes. Be mindful about your own needs.

3. Get *restful* exercise

Try to take some time to walk outside or practice yoga.

4. Reduce exposure to stimulation

During the holidays, there are more sights and smells than other times in the year. Try to detox from stimulation, maybe go without technology for a period of time.

5. Pay attention to nutrition

During the holidays, good health habits seem to go out the window. Don't deprive yourself, but try to make good decisions about food as this can positively impact your mood.



Information taken from PsychCentral



STUDENT HEALTH
& COUNSELING

DREAMS COME TRUE



Road Trip

Marie was one of the recipients of the Rob McLandress Make a Dream Come True Fund.

Marie can be heard singing "Old McDonald Had A Farm" quite regularly, as she has a fondness for all animals, especially horses. Marie's dream was to spend the day with animals, and stay at a hotel. Her dream came true.

Marie went to Sarnia, where she enjoyed an overnight stay at the Insignia Hotel. She ordered room service, and visited the local Casino. Even though Marie has visual impairments, she loved all the interesting sounds and bright lights of the slot machines. Unfortunately, luck was not on her side, but she had a great time regardless!

Marie loves to shop! She purchased a few items before heading to Humes Horse and Carriage Rides, which was the highlight of her trip. Marie was smiling ear to ear the whole time. She enjoyed hearing the animals, and loved the wagon ride - even all the bumps!

She is very grateful to the Rob McLandress Make a Dream Come True Fund for a trip she will never forget!

IN OUR COMMUNITY



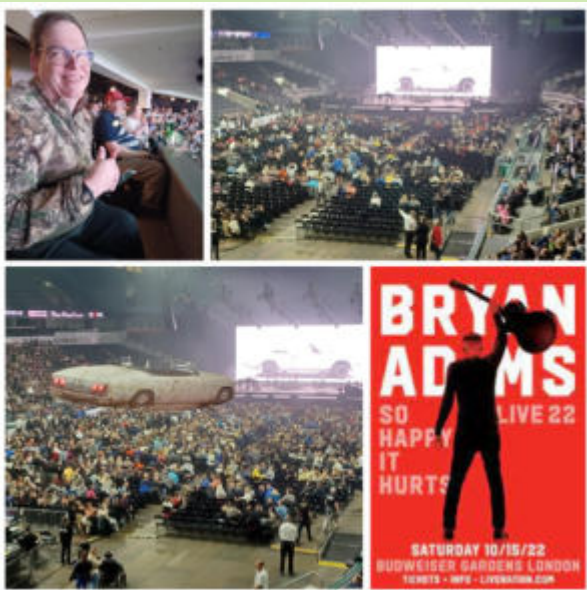
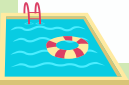
Ridgetown PMAC

The group enjoyed creating festive Fall/Halloween wooden pumpkins. They were very interested in watching the artists carve beautiful sculptures using chainsaws.



Pool Day

Jen loves going to the pool, and was eagerly awaiting the day she could return. She is thrilled public swimming has returned! Thank you Chatham-Kent YMCA!



Bryan Adams

JP attended the Bryan Adams concert at Budweiser Gardens. His favourite parts were the remote control balloon car, as well as when Bryan Adams was taking requests from the crowd.



IN OUR COMMUNITY



Reapers Realm

Dan and Selina had a chilling time when they took John, Victoria, David, Lisa, and Justin to Reapers Realm. The smiles on their faces lasted the whole time!



Canada's Wonderland

Thank you to Dan, a DSP with CLC-K for taking Justin, John, and David on a fun adventure to Canada's Wonderland. Everyone had a blast!



Thamesville Corn Maze

A group from Making It Happen relived their childhood by visiting the Thamesville Corn Maze. Turns out, it is fun for all ages!



IN OUR COMMUNITY



Art Gallery

Blenheim PMAC and Outward Bound ventured to Robbins Amazing Art Gallery in Muirkirk. They spent the afternoon viewing wood carvings in the gallery, hanging out with the animals, and sipping on hot apple cider.

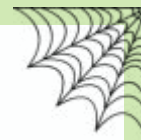


Robbins
Amazing
Art
Gallery



Chatham Chrysler

Kelsy and Robert visited Chatham Chrysler to check out their Halloween display. They were blown away at all the creative decorations!



Fall Is In The Air

The Ladies spent the afternoon enjoying the gorgeous fall colours on one of the many beautiful nature trails in Chatham-Kent.



IN OUR COMMUNITY



Turns & Tales

Members of the Tilbury PMAC group had a fantastic time at Turns & Tales. They played the game SORRY, had a delicious lunch, and enjoyed each other's company!



Turns
&
Tales

REAL FOOD KITCHEN & BAKE SHOP

DELICIOUS!

58 Queen St.,
Tilbury

WHERE THE BEST MEMORIES ARE
MADE AROUND THE TABLE.

Bon Appétit

Ron Coristine, Angela Corso, and Craig R. enjoyed a delicious lunch at Real Food Kitchen & Bake Shop. A special thank you to Sheri who cooked everything to perfection!



TJ Stables

Passport participants enjoyed a trail ride and farm tour at TJ Stables. Victoria, Courtney, Teanna, Justin, David, John, and Phil attended with DSPs Selina, and Dan. They ended their visit with hot chocolate by the campfire.



IN OUR COMMUNITY



'Tis the Season

A group went on an adventure to London to meet the Coca-Cola Santa, and his big rig Christmas truck. They had a delicious meal at Montana's as well. What a way to get into the Spirit of the Season!



Holiday Spirit

Ladies from Ridgetown, Morpeth, and Blenheim enjoyed a wonderful lunch at Hungryman's Restaurant, and then visited Glasshouse to see the beautiful Christmas displays.



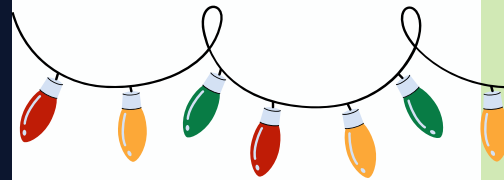
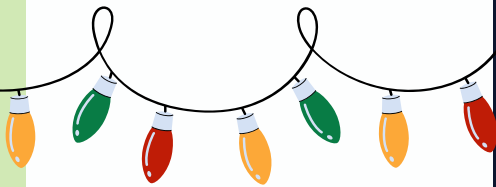
CLC-K Night

Everyone had a blast at CLC-K Night cheering on the Chatham Maroons on Sunday, December 4, at Memorial Arena. It was a great game!



IN OUR COMMUNITY

ENJOYING THE HOLIDAY SEASON



GIVING TUESDAY

Community Living Chatham-Kent participated in Giving Tuesday on November 29.

Giving Tuesday was created in 2012 as a simple idea – a day that encourages people to spread kindness. The idea caught on, and has grown worldwide, inspiring hundreds of millions of people to give, collaborate, and celebrate generosity.

We were thrilled with the generosity and acts of kindness throughout the agency. From creating beautiful centerpieces for their neighbours, handing out homemade cookies, volunteering with the Salvation Army Kettle Campaign, and giving the gift of Tim Hortons coffee, everyone was busy spreading cheer in the community!

All donations received on Giving Tuesday went directly to the Snowflake Campaign. A total of \$445 was raised.



SNOWFLAKE CAMPAIGN

Music is a language that people of all ages, religions, nationalities, and ethnicities speak. It is a therapeutic outlet, providing many health and wellness benefits, as well as increases range of motion, facilitates relaxation, and promotes creativity and decision making.

All donations to the 2022 Snowflake Campaign will be used directly towards the purchase of musical instruments from *Inclusive Instruments*.

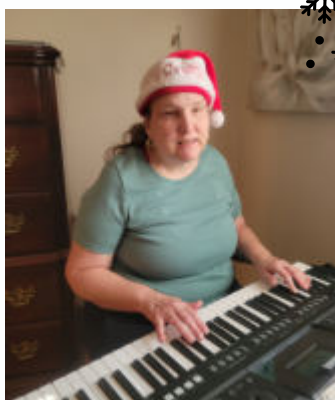
Inclusive Instruments' Mission is to create meaningful social connections for people who have diverse abilities through their custom musical instruments; the Adaptive Acoustic Guitar, Adaptive Electric Guitar, and the Air Guitar.



The instruments are enjoyed by musicians of all abilities!

A personalized snowflake decoration (shown here), displayed on the CLC-K tree, is our way to thank you. A donation in honour or memory of a loved one is also available.

All donations can be made through the website (www.clc-k.ca), or by visiting the CLC-K Administrative Office (650 Riverview Drive, Chatham).



"I like music because it helps me relax, gets me dancing, and makes me happy!" - Ella



"La-la-la-la! I like music. I like the sounds." - Tonio



Many thanks to the Thamesville Sertoma Club for donating to the 2022 Snowflake Campaign. We appreciate your continued support!

Pictured: Carolyn Powers (Bingo Chairperson), Nicole Roeszler (CLC-K), and Elaine Dubuque (Club President)

EVENTS



5K RUN & WHEEL

Community Living Chatham-Kent's inaugural 5K Run & Wheel occurred on Saturday, October 22, at the Mud Creek Path.

Thank you to the many volunteers who assisted to make the event a success!

There were forty-seven participants; twenty-seven in the 5km Run, fourteen in the 1.5km Walk/Wheel, and six in the 100m Dash.

Congratulations to all the runners/walkers for completing the event!

CLC-K was very appreciative of WRace Contacts, Jeff and May Tuck, and sponsors, Devos Furniture, North & South Kent Wind, and Performance 360.

It was a fantastic event!

EVENTS



BOWLING FOR BUCKS

Wow! Thank you to all the bowlers, pledgers, sponsors, and prize donors for making the 2022 Bowling for Bucks a very successful event!

CLC-K is thrilled to be receiving \$10,484.

A special thank you to The Bowling Stones for organizing such an incredible evening, and to Chris Taylor for taking the photos.



CROWFEST GALA

CLC-K was very grateful to have been selected as one of the recipients to receive the proceeds from this community event.

Chilled Cork catered a delicious meal, followed by entertainment from That Hypnotist Guy, and Jack Wise of Dublin.

Thank you to the wonderful CLC-K Volunteers who assisted with the event.



EVENTS



SANTA CLAUS PARADE

CLC-K wants to give a big shout out to our dedicated volunteers that braved the cold to create an amazing float for the Santa Claus Parade on November 18. Thank you to Ida Thomas for organizing such a beautiful masterpiece!

Everyone had a great time singing along with the Ginty Family, and celebrating the Holiday Season!



TREE LIGHTING SOCIAL

CLC-K gathered around the beautiful green and blue tree on December 8 for the Annual Tree Lighting Social. Carols were sung, hot apple cider was enjoyed, and the spirit of the season was shining bright.

Many thanks to Wayne Nelson, Colin Garret, Heath McIntyre, and Evan Facecchia from the Powerline Program at St. Clair College, who assisted CLC-K with hanging the lights on the tree. We are very grateful for their time, and skill!



EVENTS

COMMUNITY CHRISTMAS CONCERT

On Friday, December 2, CLC-K hosted the Annual Community Christmas Concert at St. Paul's Congregational Church. It was a beautiful, entertaining, and inspirational evening.

Performers from all over Chatham-Kent shared their unique talents. Everyone did a fantastic job! The audience enjoyed clapping, and singing along.

The Leaders Within graduates did an incredible job introducing all the performers, as well as winning over the audience with their funny jokes, and heartwarming stories.

A special thank you to all our volunteers, as we truly appreciate all that you did to make this evening a success.

The night wouldn't have been possible without our generous community partners; Autoliv, Optimist Club of Chatham, Wright's Electric, and Gateway Casino & Match Eatery.



DONATION

Community Living Chatham-Kent wants to extend a thank you to the Optimist Club of Chatham for their generous donation of \$500 to the Community Christmas Concert.

We are very grateful to have wonderful community partners.



ANNOUNCEMENTS



ONE BENCH ONE TREE

On October 14, 2022, the Chatham-Kent Health Alliance held a dedication celebration in recognition of the completion of the One Bench One Tree initiative at the Chatham site. One Tree One Bench is a grassroots project dedicated to expressing gratitude to frontline workers and other healthcare staff during and after the COVID-19 pandemic.

The objective is to add one bench and one tree to the landscape of hospitals across Canada.

The One Bench One Tree project completed at CKHA's Chatham site was made possible by Keegan, who generously donated 100% of the profits from Keegan Kares Arts and Crafts Store. Keegan is very excited to help again by donating to the One Bench One Tree at the Wallaceburg site in the near future.



THANK YOU!

Community Living Chatham-Kent was one of the lucky charities to be selected to receive proceeds from beer sales in October. A black lager from Sons of Kent was premiered at the Crowfest Gala, and CLC-K was thrilled to receive \$275 as part of this fantastic fundraiser.

We extend a big thank you to Sons of Kent for their generosity.

Pictured: Doug Hunter (Sons of Kent), Jan Reinhardus (Gala Co-chair), Andrew Thiel (Crowfest Co-chair), Nicole Roeszler (CLC-K), and Paige Glasier (Big Brothers/Big Sisters)

ANNOUNCEMENTS

KNIGHTS OF COLUMBUS DONATION

Community Living Chatham-Kent would like to extend a very special thank you to The St. Ursula Council #9551, Knights of Columbus for their generous donation of \$500.

Mr. Gerard Masse, Grand Knight, presented the cheque to CLC-K on November 11, 2022.

Pictured is Nicole Roeszler (CLC-K), and Mr. Gerard Masse (Grand Knight)



**THANK
YOU!**

OBRC CONFERENCE

Aaron Watson, CLC-K's Information Systems Manager, was a panelist at the OBRC Conference discussing Cybersecurity.

Thank you, Aaron, for representing CLC-K, and sharing your wisdom and insights on the importance of cybersecurity.



FAMILY SUPPORT NETWORK



WWW.CLC-K.CA/FAMILY-SUPPORT-NETWORK/
519-352-1174 EXT. 250

FAMILY SUPPORT NETWORK

This network is driven by families, friends, and supporters of children and adults who have diverse abilities.

CLC-K's Family Support Network continues to update the calendar online with upcoming online events, and seminars.

To learn how to join the Family Support Network, call 519-352-1174 ext. 250.

VOLUNTEERS - YOU MAKE A DIFFERENCE!

Many people say that volunteering has changed them in ways they would have never expected, from making new friends, learning new skills, or perhaps even landing a job opportunity, the benefits are endless!

CLC-K has many unique and meaningful volunteer opportunities.



Please contact Lisa at lmcallister@clc-k.ca, or 519-352-1174 ext. 231 to become a volunteer today!

THANK YOU to our volunteers for contributing your time, energy, and talents to CLC-K.
You are valued, and truly appreciated.

Thank you!



Celebrating employee work anniversaries



**Congratulations to our
many dedicated employees!**

OCTOBER

Shannon Williston – 15 years

NOVEMBER

Carolyn Carter – 35 years

Patricia Campbell – 35 years

Christie Trudell – 30 years

Natalie Jansen – 20 years

Deborah Woodrich – 20 years

Nick Langlois – 5 years

DECEMBER

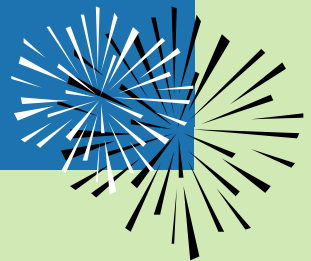
Nicole McMaster – 15 years

Carey Mifflin – 10 years

Justine Deshaw – 10 years

Crystal Crone – 5 years

Keziah Stowe – 5 years



Community Living Chatham-Kent
enriches the lives of people who
have diverse abilities by providing
quality services, and meaningful
and inclusive opportunities.

**SCAN HERE TO
APPLY »**



or visit: www.clc-k.ca/apply-now

info@clc-k.ca | 519.352.1174

**BE THE
DIFFERENCE
THAT MAKES A
DIFFERENCE!**



Community Living Chatham-Kent
PO Box 967, 650 Riverview Drive, Unit 2,
Chatham, ON N7M 5L3



GONE, BUT NOT FORGOTTEN

In May 2022, Beverley R. gained his wings to rejoin many of his family members and friends. Bev was truly a one-of-a-kind gentlemen who touched the lives of everyone he met. He had a vibrant, welcoming smile, and a love of animals, in particular horses.

Bev's friends wanted to create a space where Bev could be remembered by not only those who loved him, but anyone who visits the space. TJ Stables graciously provided an area that a tree could be planted in memory of him, and a plaque was purchased to mark the tree in his memory.

We are forever grateful for the lessons and memories we have shared with Bev. Our hope is that anyone who knew him has the opportunity to visit TJ Stables to admire the beautiful tree planted in his memory.

A tree is the symbol of life, one that will grow old, blossom and flourish with light and love. All of which Bev provided to everyone he knew.



Mary Ann Barei

Jane Goodwin

Mary Jean Horne

Max Howell

Joan Risdon

Robyn Trudell

Rose Wickwire

COMMUNITY LIVING CHATHAM-KENT

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