

NEWSLETTER

You're Invited

Please join us
as we celebrate

**Community Living ~ Fort Erie's
60th Anniversary**
at our
Annual General Meeting
Thursday, June 22, 2017

As part of our Annual General Meeting we will also be presenting
The Bob Martin Award, The Community Inclusion Award,
The Wendy Henderson Award & The Jackie Sandelli Staff Award.

Bridgewater Country Club • Gilmore Road, Fort Erie

As we look back on our
many accomplishments over the years,
we will be celebrating the retirement of
Maureen Brown our Executive Director,
and Honouring our Outstanding Volunteers.

5:00 pm Annual General Meeting
5:30 pm Dinner
Cash Bar Throughout

Please R.S.V.P. to Tricia Dickie (905) 871-6770 ext. "0" or tdickie@clfe.ca

Celebrating 60 Years of Community Service!

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Please note address change:
Community Living~Fort Erie,
615 Industrial Dr.
Fort Erie, ON L2A 5M4

Message from the Executive Director & the Board...

This year we celebrate 60 years of service and supports to individuals with intellectual challenges and their families in the Fort Erie area. Our history is a proud one!

The Association began with families envisioning an idea of a better life for their sons and daughters. They felt that staying in their community with their family and friends was a much better option than having them move great distances away from everything they knew and loved. It was a very difficult and challenging road. Our founders raised funds, lobbied the government and found suitable locations to provide services. They volunteered their time and their friends and family contributed many hours to bring about change.

Through this advocacy agencies grew and prospered and individuals with intellectual challenges received much needed services and supports to allow them to remain supported in their community. We still have a long way to go but as the early pioneers of Developmental Services taught us hard work, dedication and commitment pays off.

Please join us on the 22nd of June to celebrate this milestone, share memories, celebrate successes and look at ways to move forward to ensure the kind of life envisioned by these passionate and courageous family members.

Message From Our 2016-17 Board of Directors

It is a very special pleasure and an honour to pay tribute to Maureen Brown as she prepares to retire. She has positively affected many lives as she performed her duties as Executive Director at Community Living Fort Erie.

Maureen has provided strong leadership and has been a champion of our mission statement while growing the agency's range of service and community profile. Her tenacious work ethic combined with years of experience have benefited Community Living~Fort Erie immensely.

The Board of Directors appreciate Maureen's proactive approach while governing. She has facilitated many boards over the years as effective teams contributing to the positive welfare of the organization and its shareholders. We have seen her talents and effective leadership style flow down to the managers, supervisors and front line staff.

Maureen is and will continue to be a titan advocate. She has always been relentless in her drive to get the very best services for the people we serve, our clients and families. Her presence in our community is strong and she is very proud of the many accomplishments that CLFE has achieved.

You will be greatly missed within our organization.
Bravo to you for all you have accomplished during your career.

Thank you for your wisdom, dedication and leadership.

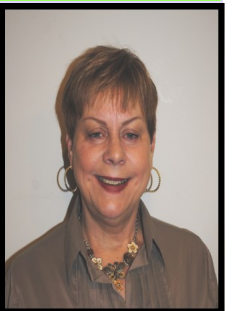
Congratulations on your well deserved retirement. (Round 2)

Board of Directors CLFE 2017

Vision Statement: "An Inclusive Community That Only Sees Abilities"

Mission Statement: "Community Living - Fort Erie exists to promote inclusion and to ensure people with intellectual challenges have their rights and privileges upheld."

Check us out on Facebook or view our website at: <http://www.clfe.ca>.



MAUREEN BROWN
Executive Director

2016-2017 BOARD OF DIRECTORS

PRES.: ROBERT MAJKUT
V.P.: BETTY TALBOT
TREAS.: SHARON SCHLITZ
MARILYN ATHERTON
PAM COULTHURST
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TERRY SAMPSON
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DEAN DEMIZIO
ANTHONY REITBOECK
SECRETARY & EXEC. DIRECTOR:
MAUREEN BROWN



Maureen Brown is Retiring...

As most of you are aware Maureen will be retiring on June 30th, 2017. The Board of Directors will be entering into a Shared Services agreement with Port Colborne/Wainfleet Association for Community Living for the position of Executive Director.

Vickie Moreland will begin on July 1st, 2017. Vickie is a 25 year veteran of Developmental Services in the capacity as the Executive Director for Port Colborne/Wainfleet. She will bring a wealth of experience to our Organization.

We will still remain a Separate Organization. The only change will be that of the Executive Director position. We will continue "to promote inclusion and ensure that people with intellectual challenges have their right and privileges upheld!" We know our organization will continue to offer quality services and supports to the Fort Erie community!

Vickie is very fortunate to join such a dedicated, hardworking and competent team of staff. Please join us as we enthusiastically welcome Vickie to Community Living~Fort Erie!!

Thank You!

Board of Directors CLFE 2017

Loving Memory



Michael Feeney

March 27th, 1956 ~ March 18th, 2017

Community Living-Fort Erie is mourning the loss of an incredible man, Michael Feeney who passed away suddenly on March 18th.

Michael was born in Warrington, Cheshire, England in 1956 and is where he lived until he was 19 years old before moving to Canada with his family. Michael's family started out in Toronto and eventually made the move down to Fort Erie where Michael would call home for the better part of his adult life. Michael's family bought the local Fish & Chips shop and the Golden Griddle where Michael was a fixture, entertaining patrons with his songs and dancing.

Michael's family worked hard to advocate on behalf of Michael and educate themselves and others on his syndrome. Michael's mother Olive founded the *Cornelia de Lange Syndrome (CDLS) of Canada Foundation* and Michael then became the face of CDLS around the world, being the oldest person living with CDLS. In fact doctors would update research based on what was happening with Michael at the time. Michael was indeed a celebrity at each CDLS conference he attended and would often have people lined up to meet with him and have a few minutes of his time.

Michael first came into Residential Services with Community Living ~ Fort Erie in 2008 where he spent his time making Catherine Street, Taylor Road and Central Avenue his home. He developed countless meaningful relationships with peers and staff and was adored by many. Michael strived for acceptance and inclusion his whole life and would often choose not to engage in anything that was considered to be a segregated program. Michael always wanted to know more about the lives of people he cared about and would often invite himself over to people's homes knowing that once they got to know Michael they were indeed his friend for life.

Michael enjoyed making tea for his friends and had a very caring and compassionate way about him. Michael loved music and dancing, especially Irish music and listening to the pipes and drums. Michael could be found at the Legion most Friday nights singing Karaoke and delighting everyone with his dance moves. Michael was a bright spirit who loved being the centre of attention and was indeed a star. Michael will be greatly missed by his family, friends, support staff and anyone who had the privilege of knowing him.

Michael now finds himself with his mother and father who he loved so very much and in a place where the tea and rice pudding are endless and the music never stops.

*All donations graciously accepted in Michael's memory to Community Living-Fort Erie.
A memorial bench will be placed in a garden in his honour.*

Gore Mutual Insurance Donates \$5,000.00 to Community Living~Fort Erie



Above: Scott Maskell of Glenly Insurance presents a cheque to Maureen Brown, Executive Director.

The Gore Mutual Insurance Foundation donated 5,000.00 towards the purchase of a van. This foundations goal is to strengthen Canadian Communities by supporting local initiatives in the areas served by their insurance company. With the support and endorsement of Erion Insurance a proposal was submitted and approved.



Community Living~Fort Erie fundraised in 2016 to purchase a new wheelchair accessible vehicle. Having a vehicle available to the people we support would help our organization to remove barriers to participation for people with intellectual challenges.

"Our staff and volunteers are trained on facilitating community inclusion and building social capacity for the people we support. We require assistance with the purchase of a vehicle to allow our staff to successfully utilize these skills in our community," states Maureen Brown, Executive Director. She added "One of the greatest barriers to inclusion is transportation. The purchase of a new vehicle is essential to ensure we continue to be an effective provider of services to the people we support." Community Living~Fort Erie would like to extend a sincere thank you to Gore Mutual Foundation for their generous donation.

With the money raised at the 2016 Fundraiser "Christmas In Mexico", donation received from Gore Mutual and support from other potential funders we plan to purchase a Wheelchair accessible van.



Thank You

2017 COMMUNITY LIVING ONTARIO ANNUAL GENERAL MEETING AND CONFERENCE

Celebrate our vision of a world where everyone belongs, has equality and is respected. This year's theme, *Spark Change: Raising Awareness and Advancing Solutions*, will focus on taking the next steps on our collective journey to full participation and engagement within our shared community.

The AGM will take place on **Wednesday, September 13th**, followed by the conference on **Thursday, September 14th & Friday, September 15th**. All activities will take place in Niagara Falls at the **Marriott on the Falls**, except for Thursday's dinner at the **Table Rock Restaurant** along the scenic Niagara Parkway.



SHINE A LIGHT ON COMMUNITY LIVING

Together, we can create a powerful example of inclusion that shines not only in our community, but throughout the province.

THE FORT ERIE PEACE BRIDGE WILL BE LIT IN **BLUE AND GREEN** IN CELEBRATION OF COMMUNITY LIVING MONTH ON

MAY 8th, 2017.

The lights will come on at dusk and remain on until 1:00 AM.

UPCOMING DAY AT THE LEGISLATURE

The 17th annual Community Living Day at the Legislature takes place on **Tuesday, May 9th.**

Community Living Ontario and Community Living Toronto invite member associations, community partners and friends in celebrating our collective achievements in making Ontario a more inclusive province.

The day's main event is the lunch reception at noon in rooms 228 and 230 of the main legislature building. Guests will be joined by members of the legislature. Participants are then invited to attend the afternoon Legislative session in the House, where the work of Community Living will be recognized by MPPs.

New this year are tours of the Legislature. Learn more about the inner workings of Queen's Park by taking a 30-minute tour, either at 9am or 2pm. Associations are also encouraged to pursue meetings with their local MPPs while visiting the legislature to discuss what is happening in their respective communities regarding the inclusion of people who have an intellectual disability.

There is no cost to participate in any of the activities. However, for security reasons, visitors' names must be submitted in advance.

To register, contact **Terri Meshwork** at (416) 447-4348, ext. 228 or by email at terri@communitylivingontario.ca by **Tuesday, May 2nd**. Please include the attendee names, local association, whether wheelchair access to the legislature is required. Names and preferred time are also required for the tours.



NEXT A.I.M. MEETING
APRIL 20TH, 2017
5:00 P.M.
AT THE CLFE OFFICE.

May is Community Living Month!

The month of May annually marks Community Living month across Ontario.

It is a month in which we celebrate the gifts and talents that people with intellectual challenges bring to our community.

On April 24th at 6:00 P.M.

Community Living-Fort Erie will be making a presentation to the town council.

On May 1st at 9:00 A.M.

Community Living~Fort Erie will raise their flag at Town Hall in celebration of Community Living Month.

Please come out and support us!!



"My son Jeff has physical and intellectual disabilities and life is not always easy for him. Our family has been fortunate enough to receive support over the years from our local Community Living association and we have been grateful for the support we have received. That being said, people who have similar disabilities across Ontario are often not so fortunate as to lead a full and inclusive life as my son and may not have access to the right supports or have someone advocating for their needs. I am rowing across the Atlantic Ocean to raise awareness and funds for Community Living Ontario and its member associations."

- Colin Sanders, Port Hope

As a province-wide confederation, rooted in a strong network of people, families, friends, member associations & community partners, Community Living Ontario strives to have inclusive communities where people who have an intellectual disability belong, have equal rights, respect and acceptance, a sense of self-worth and opportunities for growth.

Join Colin Sanders, Community Living Ontario, and member associations from across the province for an exciting 4,000 kilometer journey across the Atlantic Ocean and in communities throughout Ontario.

For more information visit:
<http://communitylivingontario.ca/oceanrow>.

BUILD A DAY IN FORT ERIE

As part of this initiative and Habitat Canada's Indigenous Housing Program initiative, Habitat Niagara will be building a brand new house for a family in need of a decent and affordable place to call home on a lot that was generously donated by a friend of Habitat, located on Crescent Road in Fort Erie.



Community Living~Fort Erie participated in two builds last year. This was a wonderful experience helping a local family in our community and a great day team building.

Confirmed Build Day: Wednesday, June 7th
Task: flooring
(tasks cannot be guaranteed and are subject to change)
Only 7 spots are available!

Please contact Simon Reeves, Family Support Case Manager
 at [905 871 6770 ext. 223](tel:9058716770) or sreeves@clfe.ca

For more information from Habitat for Humanity Niagara you can visit this site:
<http://www.habitatniagara.ca/present-build/details/home-55-fort-erie-canada-150-build-2017>



Hosted by: **The Italo Canadian Club, 1101 De Pietro St., Fort Erie**

4:30 to 7:00 P.M.

TICKETS

- \$9 in Advance
- \$10 at the Door
- \$5.50 for Children
- \$8.00 Take Out

MEAL

Salad rolls, pasta, meatballs & coffee
 ~Cash Bar Available~

Tickets available at the
 Community Living~Fort Erie Office.

DON'T FORGET OUR FAMOUS BAKE SALE

Any donated baked goods for
 this fundraiser/ bake sale
 would be greatly appreciated!

RE: Baked Goods~Please contact **Simon Reeves** @ (905) 871-6770 ext. 223

Welcome Students



SKYE TROUPE

SKYE TROUPE is a grade 12 student at Lakeshore Catholic High School. As a Co-op student placed at one of our Residential locations Skye hopes to gain valuable experience working with people with intellectual challenges. Skye began her student placement in February and will complete her Co-op hours in April. While at Lakeshore Catholic High School Skye has been taking a wide variety of courses at the college and university level. She has volunteered at Niagara Support Services and been involved in peer support classes and tutoring throughout Secondary School. Upon graduation Skye hopes to pursue a career in Social Work. Skye has proven to be a mature student who has proven to be reliable and responsible. Thank you for choosing Community Living~Fort Erie team to advance your skills. We would like to welcome Skye our organization and wish her all the best as she moves forward with her education!

As a longtime resident of the Niagara Region **TAYLOR TURNER** returned to Fort Erie to seek a Co-op placement with Community Living~Fort Erie. After researching the services and supports of Community Living Fort Erie she felt we would be a good placement "fit" for her skills and knowledge. Taylor has completed placements with Community Living Toronto, Surrey Place Centre and Donview Middle School. As a third year student of the Behavioural Science Program At George Brown College. Taylor began her placement in February in one of our Residential locations. Community Living~Fort Erie is providing a placement where Taylor can integrate her classroom learning into the field. After graduating in April, Taylor hopes to establish a career as a Behaviour Therapist. We are fortunate to have Taylor as a student sharing her knowledge and experience with behavioral assessment and intervention. Thank you for choosing to join the Community Living~Fort Erie team!!



TAYLOR TURNER



SYDNEY ARNOLD

SYDNEY ARNOLD is no stranger to volunteering. She has volunteered at the Grimsby Library and Kilean Lodge Senior Home. She values the contributions volunteers make to their communities. Sydney is presently a student at Humber College in the Bachelor of Child and Youth Care Program. Sydney applied for her Internship at Community Living~Fort Erie because she is hoping to gain valuable knowledge and experience that she can carry within the child and youth care profession. Presently Sydney is very active in the Humber First Year Experience. Through this program she counsels first year students on transitioning from high school to College. She is a student mentor who assists with student workshops on time and stress management and basic skill development. Through a partnership developed with Humber College and Community Living Sydney will complete her student placement with us from May to August. She will be actively involved in our Transitional Age Youth (TAY) Program and our Inclusive Summer Camp Programs throughout the summer months. Welcome Sydney!! We know the Youth you will be volunteering with will benefit from your involvement!

William Huhs is currently enrolled in his second year of the Pre-Health Science Program at Niagara College. As a Co-op student and then a volunteer at Gateway Community Centre William assisted with administrative duties, as well as providing individual support services. William enjoyed assisting people with their personal needs and providing companionship. As a volunteer of Gateway he increased his passion for volunteering with people and approached Community Living Fort Erie for new volunteer experiences. William hopes to have the opportunity to be involved in the Inclusive Summer Camp Program, as well as explore opportunities to become a Leisure Buddy this summer. William will be an asset to our agency and we look forward to assisting him to build his resume, skills and knowledge through his volunteer placement. Thank you for choosing Community Living~Fort Erie William, we are pleased to have you join our team!!



WILLIAM HUGHS

Fort Erie Corporate Challenge

PROCEEDS TO BENEFIT COMMUNITY LIVING~FORT ERIE



RAY ROSETTANI AND THE SELLING FORT ERIE TEAM will be bringing back the Fort Erie Corporate Challenge on June 11th, 2017. We challenge you and your company to put together a team of 13 staff members, to participate in 10 events earning points and trying to win a company party! Bring on your Team shirts and show your spirit!

**THE FORT ERIE CORPORATE CHALLENGE
AT BRIDGEWATER COUNTRY CLUB IN FORT ERIE, ON
ON SUNDAY, JUNE 11TH, 2017.**

ENTER YOUR TEAM: Teams will consist of 13 members all above the age of 19. (6 men, 6 women + 1 will be alternate players & 1 will be a Referee for the Day) Team members can consist of company, employees, family & friends. Team members will need to sign insurance waivers for all participants.

The cost per team is \$1,000.00

ENTRY FEE INCLUDES:

Pre-Party at Bridgewater Country Club starting at 8:00 pm
*Entertainment~ * 26 Drink Tickets * Chance to win BONUS points
C.O.P.E. donations will earn extra BONUS points

Sunday, June 11th—Registration at 7:00 am
Morning Exercise with Karen Pilote (Get fit Over 40) at 8:00 am
Tunes with Giant FM—10 Events—Points Based
Lunch & Dinner - Awards & Prizes

POINTS & AWARDS:

- ♦ Participation in pre-events will benefit team standings in determining 1st, 2nd and 3rd place.
- ♦ Points will be rewarded for each of the ten events adding to your accumulating score.
- ♦ Teams are encouraged to be creative on June 11th, 2017 with team shirts, team tent, team cheer & team mascot for **BONUS SPIRIT POINTS.**

AWARDS:

1st Place ~ Private Prime Rib Company Dinner Party for 50 people.
2nd Place~ Private Company Luncheon for 50 people.
3rd Place~ Private Company Breakfast for 50 people.

Thank you to
&
Century 21 Today Realty Ltd.
CENTUM OMNI Mortgage Corp.

FOR SUPPORTING THE COMMUNITY LIVING~FORT ERIE CORPORATE CHALLENGE TEAM!

COMMUNITY LIVING IS IN NEED OF VOLUNTEERS TO HELP RUN THE EVENT!!

PLEASE CONTACT **MARGARET FIDLER** IF INTERESTED AT **(905) 871-6770 EXT. 239**

Or come out and cheer us on!!!

**Come
Out &
Cheer!**

**Enter
Your
Team!**

The 2017 Fundraising Committee is excited to announce planning has begun for the upcoming...

ANNUAL CHRISTMAS AROUND THE WORLD DINNER-DANCE FUNDRAISER **"A CANADIAN CHRISTMAS, EH?"** *Celebrating Christmas in Canada.*

NOVEMBER 18TH, 2017 ~ FORT ERIE LEISUREPLEX

GOAL:

The goal of this project is to raise funds for our organization to enhance available programs and services in our community. As funding decreases we are at risk of having to reduce available supports and services offered. We must fundraise and seek alternative ways to raise the funds required to address the needs of our community. We currently support 220 individuals and their families in the Greater Fort Erie area. We also hope to increase awareness in the community of the abilities of people with intellectual challenges. Our also fund an Inclusive Opportunities Grant that allows people we support to apply directly for funding to remove barriers to participation in our community.



To aid in the success of our fundraiser you can contribute to the evening in the following ways:

EVENT SPONSORSHIP ~ \$2,500.00

Your business or organization will

- ♦ Be displayed on tickets and programs
- ♦ Be displayed on our website at www.clfe.ca and a link to your website
- ♦ Be represented in all media releases (prior to, during and following the event)
- ♦ Be invited to display a banner at the event or have your business information on display
- ♦ Receive a V.I.P. table of 8 for dinner at the event
- ♦ Be publicly acknowledged at the event
- ♦ Be given the opportunity for a feature article in our newsletter following the event
- ♦ Be able to display corporate signage
- ♦ Receive a charitable donation receipt

TABLE SPONSORSHIP ~ \$500.00

Your business or organization will

- ♦ Be displayed on our website at www.clfe.ca
- ♦ Receive a V.I.P. table of 8 for dinner at the event
- ♦ Be displayed on programs at the event.
- ♦ Be recognized in our newsletter.
- ♦ Be publicly acknowledged at the event
- ♦ Be able to display corporate signage
- ♦ Receive a charitable donation receipt



Tables of 4 Are Available for \$250.00 or Donate A Raffle Prize

Did you also know it's Fort Erie's 160th Birthday?

We are thankful for any support that you choose to offer and we will gladly answer any questions you might have. If you have any questions please contact:

Margaret Fidler,

Manager of Community Development

By Phone: (905) 871-6770 ext. 239 or Email: mfidler@clfe.ca

We need Your Support to Make this Fundraiser a Success!

SUMMER CAMP PROGRAM

We provide the support needed for children with intellectual challenges to be included in community based camp programs. Community Living~Fort Erie, in partnership with the following organizations offers inclusive Summer camp programs.



Activities include...

Amphibian Adventure, Insect Investigation, Outback Trek, Sports, Fitness, Fresh Fruit Snacks, Nature Crafts, Games, Pond Discovery & Fishing, Drama & Storytelling, Camp fire, Team Challenges, Scavenger Hunt, Navigation Skills.



While each YMCA Camp is unique in its own way, all of our camps provide opportunities for campers to learn and grow. Campers will learn new skills, develop greater self confidence and create memories that will last a lifetime.

Programs offered:

- Junior Camps (Ages 5-6)
- School Age Camps (Ages 7-12)



"Equestrian Field of Dreams"

I CAN-T.E.R.
"Fun on the Farm"
Day Camp Programs

I CAN-T.E.R.'s mission is to create a setting where those with and without special needs can experience the farm for rehabilitation, therapy, education & training, recreation & leisure. Our Summer Day Camp is designed to introduce children to the wonders and fun of life on the farm and in the woods. At camp, both recreational and educational activities are used to provide children with a rewarding experience. Be sure to have proper footwear

on in order to ride & play with the animals. Parents are requested to please visit the website at www.icanter.ca.



Boys & Girls Club
of Niagara

A good place to be

Staff will build new skills and also self confidence in a fun environment. The weeks are theme-based, with outdoor and indoor traditional camp activities such as:

- ♦ Swimming
- ♦ Trips
- ♦ Special Guests
- ♦ Special Event Day

DATES:

JULY 5TH TO AUGUST 25TH, 2017

COST PER DAY:

\$40.00

Please contact **SIMON REEVES** for further information
(905)871-6770 ext. 223

WE BELIEVE CHILDREN BELONG TOGETHER!



Volunteer, Eh?

National Volunteer Week is April 23-29, 2017. It's a time when Canadians nation wide recognize the contributions volunteers make to our communities.

In 2017, there are many different forms of volunteering, as diverse as Canada itself. Someone who shovels their neighbour's laneway or who brings a lost pet to the animal shelter is helping to build a stronger community. Sometimes we miss recognizing these people as volunteers, because they do not occupy a formal role within an organization or group.

However when recognizing volunteering in 2017, one thing remains timeless...and that is volunteer efforts create positive impact in our communities. 12.7 million Canadian registered volunteers give their time to help others, contributing close to 2 billion volunteer hours per week.

In Fort Erie, volunteers of all ages and all walks of life mentor children, feed our hungry, comfort our lonely, beautify our green spaces and fundraise for charitable organizations enriching our town.



Volunteers with Community Living ~ Fort Erie play a critical role in the lives of the people we support. Community Living~Fort Erie is extremely grateful for our wonderful volunteers! You are the heart of our organization! Our organizations services and supports are enhanced through your efforts. Our agency and the people we support are grateful for the difference you are making in lives through your volunteerism!

Thinking of Volunteering?

We are always in need of bingo volunteers. The volunteers attend the Uncle Sam's bingo hall in two hour time spots where they visit with the patrons, explaining what Community Living~Fort Erie is all about and clean up a bit.

We also wish to attract volunteers for our "Buddy Program". This program matches one of the people we support with one of our volunteers.

Volunteering is a way to get to know different people, increase job skills and just to give back to our community. More than once, a volunteer has commented they get more back than they give! Please consider Community Living~Fort Erie if you are thinking about becoming a volunteer!



**If you wish more information on volunteering with COMMUNITY LIVING~FORT ERIE please contact:
 MARGARET FIDLER AT (905) 871-6770 EXT. 239**



**This year we will be thanking our Volunteers at the
 ANNUAL GENERAL MEETING
 on June 22nd, 2017.**

**We are very grateful for every one of our volunteers so
 please mark the date on your calendar and plan to attend.**

This year is our 60th anniversary!

From the Desk of Pauline Wilson: the Healthy Corner

Kale is being called “the new beef”, “the queen of greens” and “a nutritional powerhouse.” Here are ten great benefits of adding more KALE to your diet:

1. Kale is low in calorie, high in fiber and has zero fat.

One cup of kale has only 36 calories, 5 grams of fiber and 0 grams of fat. It is great for aiding in digestion and elimination with its great fiber content. It’s also filled with so many nutrients, vitamins, folate and magnesium as well as those listed below.



2. Kale is high in iron.

Per calorie, kale has more iron than beef. Iron is essential for good health, such as the formation of hemoglobin and enzymes, transporting oxygen to various parts of the body, cell growth, proper liver function and more.

3. Kale is high in Vitamin K.

Eating a diet high in Vitamin K can help protect against various cancers. It is also necessary for a wide variety of bodily functions including normal bone health and blood clotting. Also increased levels of vitamin K can help people suffering from Alzheimer’s disease.

4. Kale is filled with powerful antioxidants.

Antioxidants, such as carotenoids and flavonoids help protect against various cancers.

5. Kale is a great anti-inflammatory food.

One cup of kale is filled with 10% of the RDA of omega-3 fatty acids, which help, fight against arthritis, asthma and autoimmune disorders.

6. Kale is great for cardiovascular support.

Eating more kale can help lower cholesterol levels.

7. Kale is high in Vitamin A.

Vitamin A is great for your vision, your skin as well as helping to prevent lung and oral cavity cancers.

8. Kale is high in Vitamin C.

This is very helpful for your immune system, your metabolism and your hydration.

9. Kale is high in calcium.

Per calorie, kale has more calcium than milk, which aids in preventing bone loss, preventing osteoporosis and maintaining a healthy metabolism. Vitamin C is also helpful to maintain cartilage and joint flexibility

10. Kale is a great detox food.

Kale is filled with fiber and sulfur, both great for detoxifying your body and keeping your liver healthy.




Re: Action 4 Inclusion Conference



Students from across Ontario will join one another in a conversation about youth leadership, the barriers to inclusion and how we can create change in our society. **Re:Action4Inclusion** is a youth-led initiative that seeks to break down the barriers of inclusion, for those who have an Intellectual disability, by empowering youth to be models of inclusion in their schools and communities.

The conference will take place in the fall at YMCA Geneva Park in Orillia. For further details, contact **Emily Branje**, Youth Partnership and Program Advisor, by email at ebranje@communitylivingontario.ca.



COMMUNITY LIVING
Fort Erie
Inspiring Possibilities
...in an Inclusive Community that only sees Abilities

COMMUNITY LIVING MEMBERSHIP APPLICATION

NAME:

ADDRESS (please include postal code):

TELEPHONE:EMAIL:

☐ Please email me the newsletter.

Yes! I will support Community Living~Fort Erie !!

CATEGORIES: ☐INDIVIDUAL \$10 ☐CORPORATE \$50 ☐SELF-ADVOCATE \$2

Please designate my donation to: ☐ADULT SERVICES ☐CHILDREN’S SERVICES ☐RESPITE/SUMMER CAMPS

ONE TIME GIFT OF : ☐\$25 ☐\$50 ☐\$100 ☐\$250 ☐Other:_____

Please make cheque payable to the order of COMMUNITY LIVING~FORT ERIE.

Tax receipts and a free one year membership will be granted to people donating \$100 or more, up to \$499.99.
Tax receipts and a free one Life-Time Membership will be granted to people donating \$500 or more

MAIL TO: TRICIA DICKIE
COMMUNITY LIVING~FORT ERIE
615 INDUSTRIAL DRIVE, FORT ERIE, ON L2A 6T3
PHONE: (905)871-6770 FAX: (905) 871-3339

AS A REGISTERED NON-PROFIT ORGANIZATION, COMMUNITY LIVING~FORT ERIE ISSUES OFFICIAL TAX RECEIPTS FOR DONATIONS.