

SPRING/11



## Community Partnership with Red Roof Retreat

On January 18, 2011, Family Support Services met with Steffanie Bjorgan, founder of Red Roof Retreat, to learn about the services that Red Roof provides.



We also had the ulterior motive of presenting her with a bench with an engraved plaque expressing our thanks for the support we have received from Red Roof over the past few years.

The plaque read:

*“To our friends at Red Roof Retreat  
Your kind concern and dedication to our Program is always appreciated.  
With sincere thanks,  
Family Support Services”*

As Red Roof continues to grow and formalize new activities and programs, we will continue to offer our support and wish them well in their future endeavors.

Some services that Red Roof provides :

- ◆ Two summer camps
- ◆ Weekend Respite for 30 families \*Note-new families will have difficulty accessing the respite program as spots are maintained for these 30 families who visit one weekend every six weeks\*
- ◆ Saturday day program for individuals aged 5 – 15 years
- ◆ Teen nights
- ◆ Horseback Riding Program offered seasonally
- ◆ Day Program for individuals aged 21 –40 years

For more information you can visit their website [www.redroofretreat.com](http://www.redroofretreat.com) or the telephone number is (905) 684-0235. There is a 1k or 5k Run for Red Roof Retreat on April 9, 2011 in Jordan and if you wish to support this effort the website is [www.instride.ca](http://www.instride.ca)

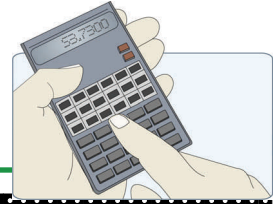


IF YOUR SSAH IS ADMINISTERED THROUGH OUR AGENCY, the correct fax number for Family Support is **905-688-9228**. Please ensure that all your invoices are faxed to this number. (Deadline for submissions is 9:00 a.m. on Monday of the payable week.)

IF YOUR SSAH IS SELF-ADMINISTERED THROUGH MCSS, the correct fax number to Tom Tapp is 1-905-321-7442.



# Income Tax Seminar



## Income Tax Seminar

On March 8<sup>th</sup> 2011, Michelle Tremblay from Revenue Canada provided information on income tax. Present at the seminar were families from Preschool Services, Family Support and Supported Living Individuals and staff. The information was good and well received by those who attended. The attendance was low and we hope all families have the income tax information that they require.

If you have any ideas for future seminars please speak to your Family Support Consultant.

### Canada Revenue Agency Links:

<i>Disability Amount</i>	<a href="http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltng/ddctns/lns300-350/316/menu-eng.html">http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltng/ddctns/lns300-350/316/menu-eng.html</a>
<i>Caregiver Tax Credit</i>	<a href="http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltng/ddctns/lns300-350/315/menu-eng.html">http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltng/ddctns/lns300-350/315/menu-eng.html</a>
<i>T2201 Disability Tax Credit Certificate</i>	<a href="http://www.cra-arc.gc.ca/E/pbg/tf/t2201/">http://www.cra-arc.gc.ca/E/pbg/tf/t2201/</a>
<i>Prior Year Re-File Form</i>	<a href="http://www.cra-arc.gc.ca/E/pbg/tf/t1-adj/t1-adj-fill-08e.pdf">http://www.cra-arc.gc.ca/E/pbg/tf/t1-adj/t1-adj-fill-08e.pdf</a>
<i>Allowable Medical Expense Listing</i>	<a href="http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltng/ddctns/lns300-350/330/llwxpns-eng.html">http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltng/ddctns/lns300-350/330/llwxpns-eng.html</a>
<i>Disability Deductions and Credits</i>	<a href="http://www.cra-arc.gc.ca/tx/ndvdl/sgmnts/dsblts/ddctns/menu-eng.html">http://www.cra-arc.gc.ca/tx/ndvdl/sgmnts/dsblts/ddctns/menu-eng.html</a>
<i>Working Income Tax Benefit</i>	<a href="http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltng/ddctns/lns409-485/453-eng.html">http://www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltng/ddctns/lns409-485/453-eng.html</a>

ANOTHER WEBSITE TO CHECK OUT...

Community Living Ontario has timely, relevant and interesting articles/information.

Their website is: [www.communitylivingontario.ca](http://www.communitylivingontario.ca)



## COMMUNITY SUMMER CAMP/PROGRAM INFORMATION 2011

The following information is provided to assist you in planning for your child for the summer months. If you are interested in any of these camps, contact the corresponding phone number and register your child for the chosen camps. Each camp has a Special Needs Facilitator who is able to assist you in choosing the appropriate program(s) and will request additional information, if required, to ensure a positive summer experience for your child.

### **AUTISM ONTARIO**

Autism Ontario offers summer camp in three different locations: Niagara Falls, Welland and St. Catharines for children and youth with Autism Spectrum Disorder. For more information call (905) 682-2776 or email autismsocietyniagara@on.aibn.com

### **Red Roof Retreat**

Red Roof Retreat offers a full day summer camp (9:00 .m. to 3:00 p.m.) Junior Camp (5 to 15 years of age) and Youth Camp (16 to 21 years of age) that runs for 6 weeks from July 4 to August 12. The cost is \$220.00 per week. Spaces fill quickly. For more information or to register call (905) 684-0235 or visit their web site at [www.redroofretreat.com](http://www.redroofretreat.com)



### **BROCK UNIVERSITY**

**Movement Education Camp**—The camp is for children and youth between the ages of 5 and 18 who have Autism/PDD. Dates for this camp are not available at this time. Families who have previously sent their child to this program will receive an application directly from Brock University when they are available. If you are interested in this camp, please contact your Family Support Consultant so that when the information is available, we can forward it to you.

In addition to the Movement Camp, Brock University offers a variety of camp programs. For more information, please call Brock at (905) 688-5550, Ext. 3120 or visit their web site at [www.brocku.ca/youth-university](http://www.brocku.ca/youth-university)



### **Belwood Lodge & Camp**

Belwood Lodge & Camp is a year round retreat/camp facility situated in Belwood, Ontario for youth and adults (7 years—adult) who have an intellectual disability. For more information please call (519) 843-1211 or visit their website at [www.belwoodlodgeandcamp.ca](http://www.belwoodlodgeandcamp.ca)





**NIAGARA FALLS SOCCER CLUB** The Niagara Falls Soccer Club offers a Special Olympics Soccer team ages 5 to 15 years. For more information about the Special Olympics Team and Titans registration please contact Tim Chamberlain at (905) 374-4040

**NIAGARA KIDS COLLEGE**

Niagara College is offering a variety of summer activities for children ages 7 to 16 for more information visit their web site at [www.niagaracollege.ca/kids](http://www.niagaracollege.ca/kids) or call 905 735-2211 ext 7510



**PORT WELLER SOCCER LEAGUE**

Port Weller Soccer is a non-profit league that plays out of the north end of the City of St. Catharines. They offer a division with two to four teams for young people ages 6 to 21 years with Special Needs. For more information, call the Soccer Line at (905) 937-2352 or email [pwsl@sympatico.ca](mailto:pwsl@sympatico.ca)



**CAVE SPRINGS CAMP**

This is an overnight camp near Beamsville for children 6 to 15 years of age. There are limited spaces for children with special needs. For more information, call (905) 563-8487 or visit their web site at [www.cavespringscamp.on.ca](http://www.cavespringscamp.on.ca)

**BOYS & GIRLS CLUB OF NIAGARA**

provides summer camp experiences. You must have a valid membership for the Boys & Girls Club. This is a relatively new program in the St. Catharines area. For more information, please contact them at 905-937-1072 or visit their website at [www.boysandgirlsclubniagara.org](http://www.boysandgirlsclubniagara.org).

**CHRISTIAN HORIZONS**

Christian Horizon offers a variety of camp and excursions for teens, adults and seniors. They offer guests both 3:1 and 1:1 support ratio options. The cost of camp or excursions depends on the level of support. For more information please contact Christian Horizons at 519-353-5756 or their web site [www.christian-horizons.org](http://www.christian-horizons.org)



**YMCA of NIAGARA DAY CAMPS – HELPING HANDS PROGRAM**

The YMCA of Niagara strives to provide an integrated camp experience for children and youth who require additional support in camp. A limited number of spaces and weeks are available for children who require a helping hand in a smaller ratio to have a successful camp experience. To find out if your son/daughter qualifies for this camp program please contact the day camp office in April or May at 905-934-9755 ext 280, prior to registration. Selection of camps will



## Bowling

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On Friday, November 12th, 2010, Family Support had the pleasure of joining with Supported Living for an evening of Rock and Bowl 5-pin bowling at Pla-Mor lanes in Port Dalhousie. Although space was limited, those who participated enjoyed themselves and had the opportunity to make new friendships.



This evening was such a success that we are hoping to arrange more like this in the future. Please look for information on such outings in subsequent newsletters.



## “Person Centred Thinking”

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Recently, two Family Support Consultants had the opportunity to participate in intensive, involved training sessions focusing on “Person Centred Thinking.”

The many newly acquired tools will help explore what is important both to and for individuals now and in the future. They will pull people together to collectively think about existing networks and connections and how they can be built on. Additionally, they will generate new ideas to try and problem-solve what might be getting in the way of maintaining or developing relationships.

The information focuses on positive possibilities and helps people to find a balance in their lives.



## Invitation from Brock University to Participate in Research

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**Parent Training Research on Very Early Intervention for Infants At-risk for ASD:** Do you have a child with ASD and an infant sibling 2 years old or younger? Drs. Becky Ward and Maurice Feldman and their MA students at Brock University are investigating the effects of parent training on the development and behaviour of infants at risk for ASD. Call 905- 688-5550 for information.

## Fragrance Free Building

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*Please note that our office and Day Program site are fragrance free. We would ask that you refrain from wearing fragrance when visiting either site.*



*Thank you*

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## What's Coming . . .

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Watch for future newsletters detailing our upcoming SOCIAL SKILLS initiative.

The goal of our initiative is to provide opportunities to enhance social skills through activities and discussion.

Please refer to the “Person Centred Thinking” section of this newsletter for related information.

### .....**STAY TUNED**.....

*“You can make more friends in two months by becoming really interested in other people than you can in two years by trying to get other people interested in you. Which is just another way of saying that the way to make a friend is to be one.”—Dale Carnegie*

*“The only way to have a friend is to be one” - Ralph Waldo Emerson*

*“Of all the things you wear, your expression is the most important” - Janet Lane*



## Setting the Stage

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Sexuality is part of life. Everyone is a sexual being. As a parent, teaching sexuality to your child begins at a young age and can continue on through life. We have numerous resources available to parents and care givers. These resources may guide you in teaching your family member how to make good choices and have a healthy understanding of their own sexuality.

**“sexuality attitudes are passed on every day...take advantage of those spontaneous teaching opportunities”**

### **Resource List:**

- Approaching Adolescents by Alberta Social Services
  
- Sexuality Education for Children and Adolescents with a Developmental Disabilities. An instructional Manual for Parents and Caregivers of Individuals with Developmental Disabilities
  
- Changes in You and Me (Mostly for Girls) by Paulette Bourgeois and Kim Martyn
  
- Caution: Do Not Open Until Puberty ( An introduction to sexuality for Young Adults with Disabilities) By Rick Enright B.A.M.S.W
  
- Understanding and Expressing Sexuality by Rosalyn Kramer Monat-Haller
  
- Autism-Asperger's and sexuality Puberty and Beyond. By Jerry and Mary Newport

If interested in any of these resources, please contact your Family Support Consultant.



## Are you Looking for a Worker?

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Here are some websites that may help you find a worker for your son or daughter:

**Job Gym:** Go to [www.jobgym.com](http://www.jobgym.com)

Select “*employers: post a job*” and follow prompts



**Brock University:** Go to [www.brocku.ca](http://www.brocku.ca)

Select “*Employers*” from the left side of the page.

Select “*How to post a job*”

You must create a user name and password, follow instructions to submit job posting.

**Niagara Employment Help Centre:** Go to [www.ehc.on.ca](http://www.ehc.on.ca)

Select “*Employers*” found on the right side of the page.

To post a job, either fill out the information under *How Can We Help You* and submit the form, or you can fax a job posting to (905)-347-7151

**Kijiji:** Go to [www.stcatharines.kijiji.ca](http://www.stcatharines.kijiji.ca)

Select “*Post Ad*” under the *Jobs* section, select the appropriate job category (ex. Part time – student)

Fill in the appropriate information and click “*Post Your Ad*” at the bottom of the page.

## Getting or Replacing an Accessible Parking Permit (APP)

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The Accessible Parking Permit (APP) is issued to individuals and entitles the vehicle in which it is displayed to be parked in a designated accessible parking space. The individual to whom the permit is issued must be in the vehicle and the permit must be visibly displayed on the dashboard or sun visor when it is parked in the designated accessible parking space. The permit holder may use the permit in any vehicle in which they are travelling. There is no fee for an APP. The Ministry issues four types of permits which are colour coded; A Permanent Permit (blue), a Temporary permit (red), a Traveler Permit (purple) and Company Permits (green). The name “Accessible Parking Permit” was adopted to focus on the functionality and benefits of the permit to the holder, versus the holder’s disability. Holders of a valid “Disabled Person Parking Permit” may continue to use their existing permit until it expires. To obtain an application visit the website [www.mto.gov.on.ca/english/dandy/vehicle/app.pdf](http://www.mto.gov.on.ca/english/dandy/vehicle/app.pdf)

## Team E.N.E.R.G.I. (Enterprise Niagara for Employment Resources and Green Initiatives)

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Team E.N.E.R.G.I. (*Enterprise Niagara for Employment Resources and 'Green' Initiatives*) designs and delivers training and work experience programs within Niagara, based around various social enterprise and community building projects.

The program was developed by a team of dedicated professionals from both private enterprise and not-for-profit agencies and provides employment counseling, pre-employment training and skills development, health & safety training, and many other services. For more information visit their website [www.nphcr.ca/TeamEnergi.html](http://www.nphcr.ca/TeamEnergi.html)

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## Upcoming Activities

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- April 9/11 Heartland Forest, 8400 Kalar Rd., Niagara Falls  
Stargazing Evening @ Sunset (7:52 p.m.)  
For more information visit [Heartlandforest.org](http://Heartlandforest.org)
- April 9/11 12th Jordan 5k/1k Run for Red Roof Retreat  
For more information visit [www.instride.ca/](http://www.instride.ca/)
- April 26/11 Heartland Forest, 8400 Kalar Rd., Niagara Falls  
Easter Sunrise Celebration and Egg Hunt @ 8:00 a.m.  
(live music, refreshments, Easter Egg Hunt)  
For more information visit [Heartlandforest.org](http://Heartlandforest.org)
- May 25/11 Community Living Month Dance @ Grantham Lions Club  
6:30 p.m.—8:30 p.m. (for individuals 18 years of age and older)  
***Save the Date—More information to follow***



**COMMUNITY LIVING**  
St. Catharines

*Inspiring Possibilities  
for People with Intellectual Disabilities*

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