### COMMUNICATOR /

#### **Community Living Georgina**

Providing supports and services to people with diverse abilities living in the Town of Georgina.



Partner Agency of United Way Greater Toronto

Fall/Winter 2018

# Food for Thought



Jennelle and Kayla wanted to give back to their community. They approached their friends at the Keswick Day Program and talked about how some people don't have a lot of food for Thanksgiving. They decided that they would like to help, and held their own food drive. They handed out a flyer asking for help to fill up their baskets and received lots of donations. Once the donated food arrived, the ladies went through and sorted it to ensure that nothing had expired. They met the staff at the Georgina Food Bank in Sutton at the LINK and were very excited knowing that they were able to help others.

Submitted by Shelly Yetman

Last year, we distributed approximately 140,000 pounds of food to our community members in need.

#### **SHARING A "TALENT"**



It has been shown that crafting is beneficial for our health and relationships and provides an opportunity for self-expression and creativity. Felicia has definitely found this to be true and has turned her love of arts into an opportunity to share her talent with others. She regularly searches for activities that she can do throughout the day; and with a creative flair always seems to find new and interesting crafts to try. With the assistance of her supports, she decided to share her talents so that others could enjoy the same sense of pride and accomplishment. Felicia periodically brings crafting ideas to participants at the Skills Development Program and has thoroughly enjoyed her time "being the instructor" and "being with friends". Felicia's support Becky Hester, commented that the endeavour "has given Felicia a true sense of achievement", and they look forward to expanding and bringing the same enjoyment to other programs or members of the community.

Submitted by Becky Hester

The COMMUNICATOR is published by Community Living Georgina.

We are non-profit and support people with diverse abilities

who live in the Town of Georgina.

Executive Director: Susan Rome

Board of Directors - Iain Donnell, Joan Zeszutek, Roy O'Leary, Chris McAdam,

Tanya Dawber, Deb Lewis, Stacey Davis

#### **WELCOME "AMELIYA"**

#### **HAPPY BIRTHDAY ART**



It's always wonderful to share in the joy of others. This was definitely true for Stephanie. Along with her housemates, they enjoyed a visit from their support worker Brittney who brought her new baby girl Ameliya. Congratulations Brittney!



On December 21, 2018, individuals stopped by to celebrate Art Duffell's 80th Birthday. Art has been a long-time recipient of services through Community Living and enjoyed the steady stream of friends and supports who he has met over the years. Congratulations Art and best wishes for many years to come!



### **COOKING CREATIVELY**

Several participants of Supported Independent Living took part in a weekly program "Cooking on a Budget + Healthy Eating" offered through the Vaughan Community Health Centre. The program educated participants on how to navigate at grocery stores effectively, understand how to read food labels properly, and learn effective budgeting tips and tricks. Participants were shown the benefits of creating a grocery budget and were able to demonstrate their new knowledge by cooking some healthy meals.

Becky (left), enjoys trying out some new recipe ideas

## "A Whole New World" with Aladdin









October 13, 2018









