



Spectrum News

June 2015

Collingwood is an inclusive community - Meet Diana - Connector!



We really appreciate the neighbourhood our office is in – the Renfrew Collingwood neighbourhood – and the many opportunities to participate in and contribute to community activities. Below is a story published in this month's [Renfrew Collingwood News](#):

Meet Diana! An INTERactive connector

BY ANNIE LAI

Di has lived in Renfrew-Collingwood for several years and has been an INTERactive connector for over a year, dedicating her spare time to helping Collingwood Neighbourhood House (CNH). She was originally referred to INTERactive by Sterling James, a member of the INTERactive Community Partners Circle who describes her as a “social butterfly.”

Read the full article here:

<http://renfrewcollingwoodcommunitynews.com/2015/05/25/meet-diana-an-interactive-connector/>

Coming Events

July 22 – Summer Picnic

July 23 – John Lord

Sep 21-25 – IIDL

*October 15-17- Claiming Full
Citizenship*

Oct 26-30 – David Pitonyak

Nov 18-20 – PATH Training

December 2-5 - TASH

*Jan 10, 2016 – New Year's
Tea*

*More info on these events at
<http://www.spectrumfriends.ca/events/>*





Keeping in Touch!

Welcome to Summer Newsletter for 2015. We hope you find the following articles helpful in keeping you informed about what's happening at Spectrum. This isn't the only way we keep in touch, but we know a paper newsletter is one piece of the puzzle of ensuring good communication. Our online newsletters are published monthly and can be reviewed by subscribing to them so that you receive them by email, or by browsing to their websites. Links to the Spectrum News and 101 Friends newsletters are on our home page at www.spectrumsociety.org. As well, we are trying to keep up with the kids and their social media tools by using Facebook, Twitter and other social media tricks. If you are using these services, you can find links to us on the Spectrum web page.

CARF Accreditation and Quality Improvement



Every three years, we are visited by surveyors from the Council on Accreditation of Rehab Facilities (CARF), to review our services and how we are measuring our performance and making adjustments to improve our services.

CARF sets standards for services that agencies around the world must meet. This year's surveyors were from Chicago and Georgia and they had many positive comments to share after they visited a sample of the people we support, both in their homes and out in the community, on May 13th and 14th, 2015. They also reviewed our administrative practices, human resources and financial activities. Our final report will be available on our website under [Newsletters and Reports](#) when it is received in the next few weeks.

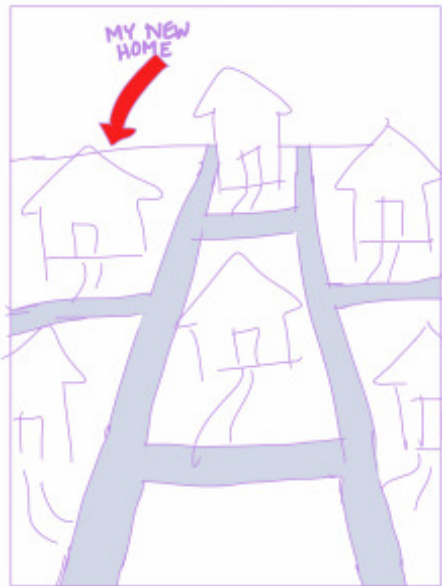
Thank you to everyone who participated in the planning and preparation for the survey and participated in the survey process.

How to Find Your Way Back Home By Aine Rathwell

I really liked this story when I heard it – anyone can find their way some places, some times, but it's a great lifeskill to get lost and find your way home. I asked Aine if she'd write it up and allow me to share it. Thanks Aine! Aaron

I recently moved to a new neighbourhood. It is a nice neighbourhood and very beautiful right now with all of the cherry blossoms in full bloom. The street reminds me of England.

It has been fun to get to know all of the new little shops and restaurants around here. One of my favourite things to do is go out and treat myself to nice meals. Unfortunately, the first time that I ventured out on my own I got lost.



Before I left the house, I thought that I had my cell phone, and the notebook that has emergency numbers and addresses. I planned to go and get some sushi at the place near the corner and then afterwards walk back to my new place with someone I know very well.



Well, I had my sushi and then could not find my way back

home. I tried to remember the basic directions but I ended up lost in the city and could not find my way. Turns out I didn't have my cell phone or my notebook. I couldn't even find a place to stop because I didn't know who I could call.



It feels like I was walking all day. Thankfully I was not cold and I had just eaten a nice meal. Finally I found a place of business to talk to and they let me use their phone free of charge. They helped me to look up a phone number to call and then printed out a map for me.

As I was walking back, I got confused again and stopped to ask someone to help me figure out the map. Then to my delight, a car came up and finally I got a ride back from my room mate. I am safe at last and learned some valuable lessons.



Next time I go out, I am going to check the following:

- Make sure I have my cell phone and that it is fully charged
- Update my cell phone with important numbers
- Bring my notebook that has information like my new address in it
- When I am out with other people, pay attention to the names of the streets

From our 101 Friends Newsletter published monthly at www.101friends.ca

Express yourself. Build your network. Find your voice.



Inclusion BC hosts 60th Anniversary Annual Conference

Spectrum has been a member of Inclusion BC since we started providing services (27 years now!) but Inclusion BC has been around since 1955! Every year, they host an Annual Conference that is a great opportunity to learn what's going on around the Province and across the Country. There are presentations on employment, leadership, person-centred planning and social enterprise, to name just a few. We had over 40 people attending the conference this year on May 28,29 and 30th



from Spectrum – people we support, family members, support team members and senior staff. Everyone had a great time and are sharing their learning with their teams and families. Check out our calendar on the website for more training and conferences coming up this year and let us know if you are interested in attending. More pictures and stories on www.101friends.ca.

Yes, I would like to support **Spectrum** and the people we serve to explore the community, make friends, and develop meaningful activities.

Name	Phone
Street Address	City and Postal Code
Email Address	Check this box if you do not want to receive our newsletters <input type="checkbox"/>

Enclosed please find my donation of \$25 \$50 \$100 \$500 **Thank You!**
 (Optional – I would like to make this gift in memory of _____)

MONTHLY GIVING CLUB:
 I authorize Spectrum to debit my chequing account on the 15th 30th of each month in the amount of: \$10 \$25 \$50 \$100 Other \$ _____ **Thank You!**

EMPLOYEE MONTHLY GIVING CLUB:
 I authorize Spectrum to deduct from my semi-monthly paycheques on the 15th and 30th the amount of: \$10 \$25 \$50 \$100 Other \$ _____ **Thank You!**