

TAKE A BREAK

Fredericton Association for Community Living
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WINTER 2016 NEWSLETTER



The Fredericton Association for Community Living (FrederictonACL) represents an inclusive Fredericton where people with intellectual disabilities and their families feel they belong and are supported to participate fully in our community.

Message from the President, Nancy Amos

As I sit here writing this, a great snow storm is raging outside. Welcome to New Brunswick!! I love storms. Perhaps that comes from my childhood when school was cancelled and we had a day off!

So today I also think of the issues (storms) affecting families of children (of many ages) here in Canada and New Brunswick.

As a parent of a grown woman with an intellectual disability, it seems just when you think that things are sort of taken care of, up pops new storms (or sometimes the same old ones) that need to be dealt with.

Thus supporting families is very important to us in the Fredericton area and we (FrederictonACL) are presently seeking funding to see that the Family Support service (admin. through NBACL) remains available to families as they continue to be advocates for their children.

Education may be a large issue this year as the province has announced the possibility of cuts in both teachers and assistants (latest news is that they are developing a 10-year plan). This could greatly affect many children in the school system. It may require all of us to take a stand and be ready to stand with parents as they advocate for their children.

Also across Canada there is great concern about assisted suicide and persons with an intellectual disability. I'm sure we all have our opinions on this topic but have you considered it from the point of view of a person with a disability? The Canadian Association for Community Living (CACL) is actively working on this issue:

Press release Dec 14, 2015

“Urgent Need for Comprehensive Safeguards in Physician-Assisted Suicide / Voluntary Euthanasia to Respect and Protect Vulnerable Persons with Disabilities”

"There is compelling evidence from other jurisdictions that some people will be motivated to request physician-assisted suicide and voluntary euthanasia (PAS/VE) because of suffering caused or compounded by factors other than their medical condition"

"As we proceed down this path, the Canadian Association for Community Living (CACL) calls on health professions and governments to urgently give much more attention to how vulnerable patients will be identified and cared for in the system."

If you wish to see the entire Press Release, please contact us.

And so some new issues are arising and some older ones are reoccurring.

If we can help you in some way, please contact us, FrederictonACL.

AND...the journey continues!!!!



Volunteering is the ultimate exercise in democracy. You vote in elections once a year, but when you volunteer, you vote every day about the kind of community you want to live in. ~Author Unknown

FAMILY SUPPORT: Through our partnership with NBACL, we have continued our annual contract for a Family Support Facilitator, Julia McCluskey. Julia is available to answer your questions or provide support in finding the assistance you may need. She can be reached at 453-4416 or at FamilyFredfamille@nbacl.nb.ca.

In addition to this, Julia has also been facilitating the FUN (Families United Network) and SUN (Seniors United Network) groups. The **FUN** group is currently re-organizing while the **SUN** group still meets every 4th Wednesday of the month. This month, the SUN group will be meeting on Jan 27th and welcomes guest speaker, Ken Pike of NBACL. Topics may include Supported Decision Making and Wills. Everyone is welcome; please contact Julia for more information and to RSVP.

SUMMER PROJECT: To continue our support to individuals and families, FrederictonACL was able to secure a Federal grant in 2015 to hire one university summer student and we were pleased to welcome Natalie Barrie back to this position.

Natalie, as a Transition Mentor, worked with high school students whose transition plans had been developed through the school year by NBACL Transition Workers, and helped implement these plans in the community. It was a great success!

A grant has been applied for again in hopes to continue this in the summer of 2016.



PRIORITIES: In 2011 and 2013, with the assistance of NBACL facilitators, FrederictonACL created a PATH. The goals set during these PATHs have been now fulfilled (for example: web page, updated computer skills, sibling help, and restructured bylaws).

This past fall, FrederictonACL Board members developed a new PATH / Priority List and determined that the primary focus of the Association had to be on Financial Sustainability from now until 2017. Also established were four very important **Priorities Committees**: Sustainability – chair, Executive Committee; Inclusive Fredericton – chair, Stephen Pyke; Families – chair, Nancy Amos; and Sibling Engagement – chair, Connie Price. Each committee has already started meeting and wheels are in motion! If you have any questions or ideas regarding any of these committees, please contact the office.



SIBLING ENGAGEMENT: Connie Price, a FrederictonACL Board member, has created a Facebook Sibling Engagement page and invites those who are seeking sibling support to join by visiting www.facebook.com/groups/FACLSibEngage/. If anyone would like to join the Facebook group or the Sibling Committee, please feel free to contact Connie at connie.price@rogers.com or the FrederictonACL office by calling 458-2198.

Connie also highly recommends Don Meyer’s book *Thicker than Water, Essays by Adult Siblings of People with Disabilities*. FrederictonACL was able to secure a copy and would be more than happy to lend it out. If interested, please contact the office by phone or email.

EMAIL: FrederictonACL’s email has changed! Please be sure to update your contact list as we wouldn’t want you to miss a thing! Our new email address is FrederictonACL@bellaliant.com. Please note that the old email address, facl1079@yahoo.ca, is no longer valid.

WEBSITE: Just a reminder to visit FrederictonACL’s website anytime at www.frederictonacl.ca to learn more about the Association.

DONATIONS: To help in FrederictonACL’s journey for sustainability, please also visit the website at www.frederictonacl.ca and click on the “Get Involved” page to either become a member or to make a donation.

Donations can easily be made on the website by clicking on the CanadaHelps or PayPal buttons. A membership form can be downloaded from the website but is also attached to the end of this newsletter for your convenience.



HISTORY: Nancy Amos, President, and Irma Penner, a fellow FrederictonACL Board member, are busy compiling the history of the Fredericton Association for Community Living. If you would like to have a copy of FrederictonACL’s history when complete (full or brief version), please contact the office.

And to check out the most up-to-date version of the brief history, please visit the website at www.frederictonacl.ca and under “Who We Are”, click on “History” (this web page will be updated as more information becomes available).

FrederictonACL’s Board of Directors 2015-2016

President – Nancy Amos
Past President – Ann Passmore
1st Vice-President – Stephen Pyke
Secretary – Lorraine Silliphant
Treasurer – Ken Robinson

Board Members:
Irma Penner
Louise Samms
Marlene Colbourne
Sara Rothman
Connie Price
Leola Langille
Tracey Law



Staff:

FrederictonACL Office: Tammy Nichol, 458-2198, FrederictonACL@bellaliant.com

Family Support: Julia McCluskey, 453-4416, FamilyFredfamille@nbacl.nb.ca

Contact us anytime!

FrederictonACL Membership

As our strength lies within our membership, we would appreciate your support by becoming a member or renewing your membership with us for this year. Please contact any member of the Board, the office, or simply return this form below to the address at the top of the newsletter. Thank you for your continued interest & support.

..... Cut on dotted line and return to address at top of newsletter

Name: _____

Mailing Address: _____

Phone: _____

E-Mail address: _____

I have included a \$5.00 cheque for a 2015-2016 membership (runs April-March)

