

# TAKE A BREAK

Fredericton Association for Community Living  
1079 York St.  
Fredericton, NB E3B 3S4

## WINTER 2015 NEWSLETTER



Fredericton  
Association for  
Community Living

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

FACL's strength has always come from its volunteers and dedicated Board members. After more than 50 years of assisting the Fredericton community, our fundamental goals still remain the same today – to support families and see that the needs and rights of our loved ones are met. We continue on our journey!

### *Message from the President - Nancy Amos*

A couple of years ago I wrote an article for our newsletter entitled “the journey”- the journey of the Fredericton Association for Community Living.

For those of you who have travelled with us over the many years, you know that the journey has been possible because of parents and volunteers. For those of you just now joining the journey, you will come to know that every voice that is heard enables the journey to continue. It has not always been an easy journey. Parents and volunteers have gone from raising money for education to lobbying government for inclusion in schools and also lobbying for the support to live and work in the community. Throughout it all, we have been assisted by NBACL and CACL and their dedicated staff and volunteers.

FACL has had and continues to have many enthusiastic volunteers. We have been involved in Early Intervention, Education, Jobs Unlimited, returning people from institutions, and supporting people to live in the community.

Our focus remains in 3 main areas:

- Family Support
- Sustainability & Governance
- Building Relationships

**ACKNOWLEDGEMENT:** We were pleased to award a life membership to our Past President, Ann Passmore, for her dedication to the association over many years.

**FAMILY SUPPORT:** Through our partnership with the New Brunswick Association for Community Living (NBACL), we have continued our annual contract for a Family Support Facilitator, Tiffany Bowering.

Many of you have met Tiffany Bowering and have found her to be very helpful. Tiffany 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 [tbowering@nbacl.nb.ca](mailto:tbowering@nbacl.nb.ca).

In addition to this, Tiffany has also been facilitating the FUN (Families United Network) and SUN (Seniors United Network) groups. The **FUN** group meets every 3<sup>rd</sup> Wednesday of the month, while the **SUN** group meets every 4<sup>th</sup> Wednesday of the month. Everyone is welcome; please contact Tiffany for more information and to RSVP.

**SUMMER PROJECT:** To continue our support to individuals and families, FACL was able to secure a Federal grant in 2014 to hire two summer students. These students, called Transition Mentors, worked with students whose transition plans had been developed through the school year by NBACL Transition Workers, and implemented the plan in the community. It was a great success.

A grant has again been applied for to continue this in the summer 2015.

**SUSTAINABILITY:** To achieve long-term sustainability, the Board identified that we will have to replenish our finances. Our new staff member, with the support of the Board and NBACL, has been assigned this task and will shortly begin research into grants and gifts that will allow us to continue in the years to come.

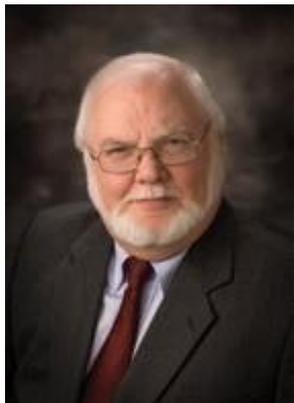
**BUILDING RELATIONSHIPS:** Steps will need to be taken over time to allow the community to see a clearer image of who we are, what our goals are, and see us as a participating member of the volunteer sector. We felt that one of the ways to achieve this is to develop a website and thus a website committee has been formed.

**WEBSITE:** We hope to be launching FACL's very own website by spring. If you have something in particular you would like to see on the website, please let us know by contacting the FACL office at [fac1079@yahoo.ca](mailto:fac1079@yahoo.ca) or by calling 458-2198.

**STAFFING:** FACL welcomes Tammy Nichol, our new Executive Assistant. Tammy started in November 2014 and is quickly becoming a great support to the Board and to the FACL community. She can be reached at 458-2198 or [fac1079@yahoo.ca](mailto:fac1079@yahoo.ca).



## HONOURING A PROVINCIAL, NATIONAL AND INTERNATIONAL VOLUNTEER, GORDON PORTER



We talk about measuring the impact that our efforts, activities, and input make. Few people make the impact in this world that Gordon Porter has made. His commitment to human rights and quality education for everyone is unwavering.

Gordon Porter began as a New Brunswick volunteer. When you read or hear about some of his accomplishments on behalf of people with an intellectual disability, you may assume that he is a paid employee of some department but not so.

Gordon began his professional career as an Educator in Woodstock and also began his volunteer work there. However, Gordon's search as a volunteer for equality has taken him on a journey that has changed the lives of many people - not only in our province but across Canada and internationally. In his quest to find an alternative to segregation and exclusion, he has also become a recognized expert and world leader in human rights and inclusion.

Gordon, as President of NBACL and CACL, has applied considerable energy on not only integration in our school system but also on the process of deinstitutionalization. Many children and adults now live and work in their home community and attend their neighborhood school because of that effort. More recently he helped ensure that inclusive education was recognized in the United Nations Convention on the Rights of Persons with Disabilities.

As quoted from Lorraine Silliphant, "Gordon has had a distinguished professional career. At the same time he can always be counted on to give generously of his time, talent and counsel as a volunteer. His professional, community and volunteer activities, associations, publications and accomplishments are many. His work has had an impact on decision-makers and educators. Through his leadership and teaching many have come to understand why inclusion is important and how it can happen in the classroom, the pre-school, our neighbourhoods, our communities, and our workplaces."

### **Several Honours & Awards**

Order of New Brunswick (O.N.B.) – November 2013

Order of Canada (C.M.) – November 2010

Whitworth Award for Educational Research, Canadian Education Association (C.E.A.) - 2007

Doctor Honoris Causa, Universidad Nacional De Educacion, Enrique Guzman y Valle,  
Lima PERU - August 2009

UNESCO/Emir Jaber al-Ahmed al-Jaber al-Sabah Prize to Promote Quality Education for Persons with Intellectual Disabilities - May 25, 2014





Jobs Unlimited - the employment agency for adults facing employment barriers. Established in and unique to the Fredericton community - Jobs Unlimited makes a difference in people's lives by providing support to individuals (some with complex needs) seeking and maintaining employment. As a charitable not-for-profit organization, Jobs Unlimited serves several hundred individuals and their families in the community.



## DALE KENNEDY RETIRES

*Introduction by Lorraine Silliphant*

*Photo and quotes courtesy of The Daily Gleaner*

Dec 17, 2014

Today has been a great day in Fredericton. Today Dale Kennedy retired from his job of thirty years where he worked in the finance department at City Hall. He retires with the pension he paid into over those 30 years. Not a big deal. People retire every day and every city employee has a pension.

Just over 30 years ago the Fredericton ACL created an employment agency called Jobs Unlimited. One of the first real jobs ... the ones with real pay for real work ... that Jobs Unlimited found was for Dale.

Dale has a great personality and is well known in Fredericton. Today city employees, bus drivers, city police, friends, neighbours, fans and family gathered in the Council Chambers to celebrate his work, his contribution to our City and to wish him well in his retirement.

During the reception I asked a Fredericton ACL/Jobs Unlimited Board member from those early days if our vision for clients of the employment agency included a thirty year career and retirement benefits. We agreed that what was happening today was beyond our dreams.

I was so honoured to be part of the celebration, to be reminded of and to be with people who have been part of this Fredericton City success story. Communities are changing!

**Quote by Mayor Brad Woodside** - "There is no doubt that over the past 30 years, we have been enriched by having Dale work with us here at the City of Fredericton. His enthusiasm to help and his cheery hellos have brightened all our days. We wish him every success as he settles into retirement."

**Quote from Dale's Family** - "The value and importance of Dale having been employed with The City of Fredericton for these 30 years is really hard to measure – it has meant so much to all of us. If Dale hadn't been working so meaningfully, his daily life would certainly be less fulfilling from a social perspective as well as his sense of self-worth and independence."



## Things to Keep in Mind



**United Way donations:** Did you know that when giving a donation to the United Way appeal you can choose the organization that you can give to? If our name (Fredericton Association for Community Living) does not appear on the pledge form, simply add it to the space provided under “other”.

**FACL Sibling Engagement:** Connie Price, a FACL Board member, has created a Facebook Sibling Engagement page and invites those who are seeking sibling support to join. Below are excerpts from her bio:

“Being a sibling to an individual with an intellectual disability, or any disability, gives us an opportunity to develop important values such as equality, understanding and tolerance. It also teaches us patience. It gives us powerful character traits too, traits such as maturity and independence, self-confidence and leadership skills! We, as siblings, need to embrace these gifts to better our lives and the lives of others.

But our circumstances sometimes come with negative aspects. These difficulties and fears are not always easy to discuss with family members. It’s too personal. They can be highly emotional and can often be interpreted as blame. I believe a sibling support network would provide a much needed forum for siblings to share these feelings and their anxieties.

**Support through sharing...**I see the start-up of this sibling group as mainly informal and mostly online networking. I have created a Facebook group page titled “**Sibling Engagement**” and I would invite siblings to join, connect and share. If you are a sibling who is interested in joining this initiative, please feel to join the Sibling Engagement group at [www.facebook.com/groups/FACLSibEngage/](http://www.facebook.com/groups/FACLSibEngage/). Or contact FACL and Tammy can forward any interest to me.”

**New Horizons Senior Parent Research Project:** Are you 60 years of age or older and a parent/grandparent of a child/grandchild with a disability? If so, NACL would like to hear from you. We are conducting a research project on aging parents/grandparents who are currently supporting a child/grandchild with a disability. The research project will target families in the Fredericton and surrounding areas only. To participate in a short survey we are doing, please contact Tiffany Bowering at 453-4416 or [tbowering@nbacl.nb.ca](mailto:tbowering@nbacl.nb.ca) or visit [www.surveymonkey.com/s/NH\\_survey2014](http://www.surveymonkey.com/s/NH_survey2014).

*This project is funded in part by the Government of Canada's New Horizons for Seniors Program.*



**Community Collection Program / Clothing and Small Household Items:** Did you know that NBACL, in partnership with Value Village, diverts 3 million pounds of clothing and small household items from New Brunswick landfills each year through their Community Collection Program?!

**BOB** is the **Big Orange Bin** located in neighbourhoods throughout Fredericton. Clothing and small household items can be dropped off to any BOB in your area. Simply put your things in a regular sized garbage bag and drop it in any BOB. You can also drop your items off directly at any Value Village store.



For more information on how you can make an environmental and social impact through your donations, contact NBACL toll free at 1-866-622-2548.

**Participate in an NBACL lunchtime tour:** Learn about NBACL and our inclusive community by contacting them at 453-4400 to book a lunchtime “tour”. What is a “tour”? It’s both a virtual and live tour that shares personal success stories gained through support from NBACL and its programs. The tour takes an hour and refreshments are served. Bring a friend or co-worker!

### FACL’s Board of Directors 2014-2015



President – Nancy Amos  
Past President – Ann Passmore  
1<sup>st</sup> Vice-President – Stephen Pyke  
Secretary – Lorraine Silliphant  
Treasurer – Patrick O’Donnell

Board Members:  
Irma Penner  
Louise Samms  
Marlene Colbourne  
Sara Rothman  
Connie Price

Staff:  
FACL Office: Tammy Nichol, 458-2198  
Family Support: Tiffany Bowering, 453-4416  
**Contact us anytime!**

### FACL Membership

Since our strength lies within our membership, we would appreciate your support through renewing your membership with us for this year. Or if you wish to become a member, 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 cheque for \$5.00 for membership for April 2015-2016