

The BCCL BURST



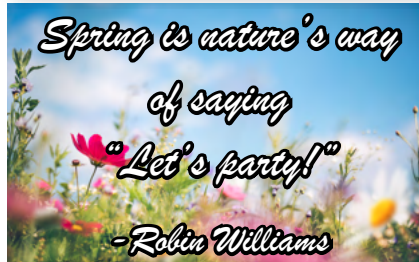
Brampton Caledon
COMMUNITY LIVING
INTÉGRATION
COMMUNAUTAIRE
Brampton Caledon

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www.bramptoncaledoncl.ca

SPRING 2024 VOLUME 05



MESSAGE FROM THE EXECUTIVE DIRECTOR

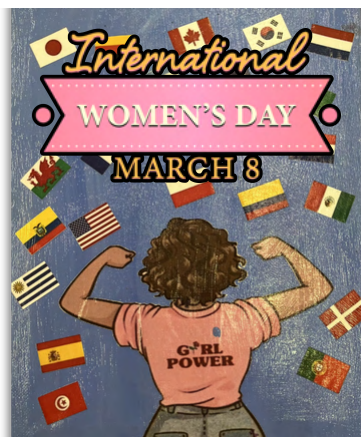
Spring is almost here. What better time to celebrate our achievements and get inspired with the anticipation of new growth and opportunities.

We hope you enjoy this newsletter and it gives you a sense of the resilience, creativity and compassion we are so proud of at Brampton Caledon Community Living.

Anne-Marie Hawkins

IMPORTANT DATES

March 29th & April 1st	BCCL Offices Closed
May 20th	BCCL Offices Closed
June 10th	Caledon Connections Registration
June 12th	Brampton Connections Registration
July 1st	BCCL Offices Closed








MAY IS COMMUNITY LIVING MONTH

More events
TBA



List of Events

-  April 30 Flag Raising
Caledon Town Hall 2PM
-  May 1 Proclamation City
Hall Brampton 9:30AM
-  May 2 Shine a Light
Clock tower City Hall
-  May 9 Blue & Green Day
-  May 13 CLM Virtual
Celebration
-  #ITookABreak
#ShineALight



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Fun facts about Maple Syrup

Maple Syrup Production: Canada is the largest producer of maple syrup globally, accounting for approximately 71% of the world's maple syrup supply. Quebec alone produces about 90% of Canada's maple syrup output.

Traditional Indigenous Practice: The tradition of making maple syrup originated with Indigenous peoples in northeastern North America. They discovered the process of tapping maple trees and boiling the sap into syrup long before European settlers arrived.

Maple Syrup Season: The production of maple syrup is highly dependent on weather conditions. It typically begins in late winter or early spring when temperatures fluctuate between freezing at night and above freezing during the day. This temperature variation creates the ideal conditions for sap to flow from the maple trees.



BCCL JOINS OTHER COMMUNITY LIVINGS IN ADVOCATING FOR FUNDING INCREASE

The #5TOSURVIVE campaign calls for an immediate 5% boost to developmental services agency core funding, as well as Passport and Special Services at Home. Whether you're a person who has an intellectual disability, family member, personal support worker, or just someone who cares, we know that you understand the critical importance of stabilizing the sector.



If you haven't yet, please consider adding your voice to this growing chorus to help us spread this important message — with just one click, you can send a powerful message to Ontario's Premier, the Minister of Children, Community and Social Services, and your local Member of Provincial Parliament (MPP).

<https://bit.ly/5ToSurvive>

ALFRED LEARNS TO FLY!

Alfred was very excited to go indoor skydiving at iFLY.

He said he was not nervous at all and it "felt like I was flying like a plane or bird". He said it was windy but felt good. Alfred had his hands above his head & a great big smile on his face when flying, and he said "everyone should try it because it's so much fun".

Alfred also said it was fairly easy, and left him speechless, and he would definitely do it again!



BLACK HISTORY MONTH 2024



Every February, BCCL along with all Canadians honour the legacy of Black people in Canada and their communities. The 2024 theme for Black History Month is "Black Excellence: A Heritage to Celebrate; a Future to Build". BCCL CPS Diversity, Equity and Inclusion Committee along with CPS Virtual Programs hosted virtual and in person events in celebration.



RARE SOLAR ECLIPSE APRIL 8TH, 2024

On April 8th, 2024, a rare solar eclipse will happen. This astronomical wonder occurs when the moon passes between the sun and Earth, casting a shadow on our planet and momentarily blocking out the sun's rays. The last total eclipse of the sun in southern Ontario was in February 1979.

As you prepare for this uncommon event, remember to prioritize safety. Viewing a solar eclipse directly without proper eye protection can cause permanent eye damage. Be sure to use certified solar viewing glasses or other safe viewing methods to protect your eyes if you must be outdoors during the eclipse.

Out of an abundance of caution, BCCL Day Support locations and the MFTD respite initiative will pivot to a virtual format for the day. A variety of activities will be available throughout the day for participants. BCCL offices will remain open.

TO REGISTER EMAIL:
ONLINEREGISTRATION@BRAMPTONCALEDONCL.CA

APRIL 8TH
VIRTUAL
MONDAY *Programs*

10AM: BEHIND THE SCENES WITH JULIE THE MARTIAN

11:30AM: YOGA WITH PENNY

1PM: LEARNING WITH LYNDA THE TOTAL SOLAR ECLIPSE

2:30PM: THE NEWS

ALL VIRTUAL PROGRAMS WILL BE HELD ON ZOOM. LINKS WILL BE SENT THE MORNING OF APRIL 8TH VIA EMAIL

Key timings for Brampton, ON:

Start Time: The eclipse will begin at approximately 2:04pm. At this time, the moon will gradually encroach upon the sun's surface, marking the onset of the celestial spectacle.

Maximum Eclipse: The peak of the eclipse, known as the maximum eclipse, is expected to occur around 3:19pm. This is when the moon will obscure the greatest portion of the sun.

End Time: The eclipse will conclude at approximately 4:31pm, as the moon moves away from its position in front of the sun, allowing sunlight to once again illuminate the sky.



AEROSPORTS BRAMPTON SENSORY PLAY HOURS



Music can be turned off and lights lowered as required to ensure the environment meets the needs of those requiring a less overwhelming play experience. The price is 50% off the regular admission for these sessions held on Mondays and Wednesdays from 4-5pm which includes free access for one support worker. See their website for more information.

www.aerosportsbrampton.ca

YOUR DONATIONS MAKE A DIFFERENCE!



At BCCL, we believe in the power of inclusion. Donors like you, regardless of the size of their contribution, play an important role in making our community a more inclusive place for individuals with disabilities to live, work, and play.

Your generosity helps us support and empower people with intellectual disabilities, enabling them to lead enriched and meaningful lives. No donation is too small; every contribution contributes to building a more inclusive and supportive environment.

To be a part of this positive change, please consider making a donation today. Visit our website to contribute and make a lasting impact.



FAMILIES CONNECT SUPPORT GROUP



The Peel Crisis Capacity Network and Associate Youth Services of Peel in partnership with BCCL presents a **free** support group designed for families and/or caregivers. Providing peer-support, selfcare and coping strategies while providing education and valuable resources to help meet the challenges involved when supporting a person with dual diagnosis.

Sessions will include presentations from various community partners.



Topics will include:

- Behaviour Management
- Self-care
- Family Challenges
- Education
- Respite Support
- Autism Consultation
- Crisis Services
- Planning for adulthood
- and many more!

Children & Youth

For Parents and Caregivers supporting children and youth with a developmental disability and mental health concerns ages 8 to 17 (up to 18th birthday)

Tuesday evenings
April 9th to June 4th, 2024
5:30-730pm
Cost: Free

Community Living Mississauga
#1- 6695 Millcreek Drive,
Mississauga, ON
L5N 5R8

To Register Contact:
Marie-Michele Chong
Phone: 647-529-0665
email: marie-michellech@pccn.ca

Adult

For Parents and Caregivers supporting adults (18+) with a developmental disability and mental health concerns

Tuesday evenings
April 9th to June 4th, 2024
5:30-730pm
Cost: Free

Brampton Caledon Community Living
19 Rutherford Road South
Brampton, ON
L6X 1H3

To Register Contact:
Iqra Hashmi
Phone: 416-834-8077
email: iqraha@pccn.ca



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CPS PROFESSIONAL DEVELOPMENT DAY

On February 19th CPS came together for a Professional Development Day to build on team strengths, share experiences, upskilling and ongoing education on best support practices.



CPS support workers enjoyed listening to guest speakers David Nairn from Theatre Orangeville who discussed their inclusive theater company, Creative Partners On Stage and BCCL board member Sean Travis who spoke about his experiences thus far with the CLO Advocacy group.



BCCL FIRE PREVENTION COURSE



BCCL Fire Prevention Course is back for 2024. BCCL in partnership with The City Of Brampton is offering a six week Fire Prevention Course for people supported in BCCL SIL. This course is designed to educate people on potential hazards in their home or apartment and how to minimize risk and safest practices in fire emergency situations.

This is in-person course is located at Stephanie's Place in Chinguacousy Park. To register please email:

susanay@bramptoncaledoncl.ca

FEBRUARY INCLUSIVE EDUCATION MONTH

Equality



The assumption is that everyone benefits from the same supports. This is equal treatment.

Equity



Everyone gets the supports they need

Justice



All 3 can see the game without supports of accommodations because the cause(s) of the inequity was addressed.

" INCLUSION IS NOT BRINGING PEOPLE INTO WHAT ALREADY EXISTS; IT IS MAKING A NEW SPACE, A BETTER SPACE FOR EVERYONE." - GEORGE DEI

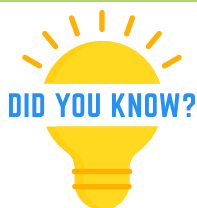
"Inclusion in general education is a critical predictor of graduation from high school, access to post-secondary education, gainful employment , and independent living."

-University of Delaware's National Leadership Consortium on Developmental Disabilities

" Inclusion is not a strategy to have people fit into system or structures which exist in our societies: It is about transforming the systems and structures to make it better for everyone. Inclusion is about making a better world for everyone."

-Dianne Richleer





DO YOU NEED HELP WITH YOUR TAX RETURN?

You may be eligible for help at a free tax clinic if you have a modest income and a simple tax situation.



<https://bit.ly/canadafreetaxclinics>

WHAT IS A REGISTERED DISABILITY SAVINGS PLAN (RDSP)?

A registered disability savings plan (RDSP) is a savings plan intended to help an individual who is approved to receive the disability tax credit (DTC) to save for their long-term financial security.

Contributions to an RDSP are not tax deductible and can be made until the end of the year in which the beneficiary turns 59. Contributions that are withdrawn are not included as income to the beneficiary when paid out of an RDSP. However, the Canada disability savings grant (grant), the Canada disability savings bond (bond), investment income earned in the plan, and the proceeds from rollovers are included in the beneficiary's income for tax purposes when paid out of the RDSP.

<https://bit.ly/RDSPinfo>



WHAT IS AN ABSOLUTE DISCRETIONARY OR "HENSON TRUST"?

The most well-known and commonly used Trust among families of people with disabilities is the Absolute Discretionary Trust, more commonly known as the "Henson" Trust.

It is a special type of Trust arrangement in which the Beneficiary is considered not to have any legal claim to the property held in Trust, and therefore, the property is not considered an asset of the Beneficiary when determining eligibility for ODSP.

In short, a Henson Trust renders the property invisible to ODSP for as long as the property remains in the Trust.

<https://pooranlaw.com/wholelifeplanning/questions/wills-trusts-estates/hensontrusts/>

PARTNERS FOR PLANNING

Partners for Planning is a national non-profit organization that supports people with a developmental disability and their families to be proactive in planning for the future. We were founded in 2009, by families and for families, to help answer the question "Who will love and protect our sons and daughters when we no longer can?"

Since that time, Partners for Planning has been providing Independent Facilitation for people who have a disability and their families to imagine and create a good life, with financial security, rooted in community. To support those principles, Partners for Planning has become a respected leader in the province of Ontario in developing trusted resources for people and their families to support income security and reduce poverty, create and nurture personal support networks, consider innovative housing solutions, appreciate legal planning considerations, and contribute in valued ways to their community. Our Planning Network is an online resource hub which provides free resources to people and their families based on our Planning Framework. More than 50,000 people visit the Planning Network every year.

<https://www.partnersforplanning.ca/>



partners
FOR PLANNING



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CITY OF BRAMPTON PARKS & RECREATION INCLUSION PROGRAMS

Inclusion Programs offer an opportunity for participants to engage with peers, learn new skills and enjoy a variety of fun games and activities.

For any questions regarding programs or additional support, please email the department at: inclusionprograms@brampton.ca

Or

Check out their website at :
<https://www1.brampton.ca/EN/residents/Recreation/Programs-Activities/Pages/Inclusion-Integration.aspx>



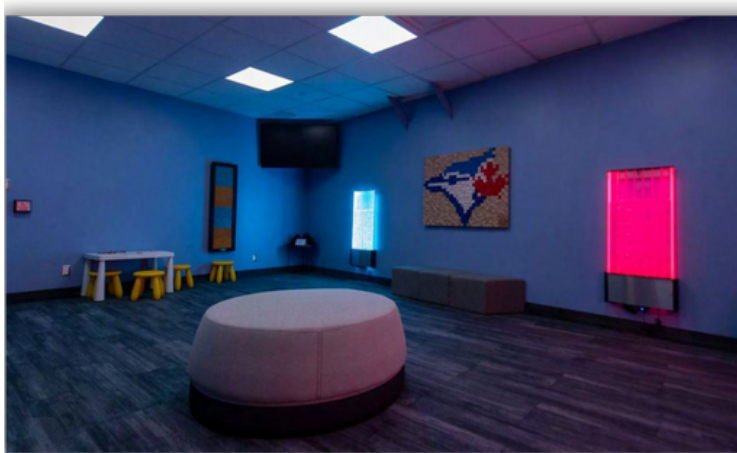
ROGERS CENTRE AND BLUE JAYS BASEBALL INTRODUCE SENSORY ROOM

With Spring Training underway, baseball season is just around the corner...

The Rogers Centre has a Sensory Room which has been designed for sensory processing needs. A quiet place you can go when needed. Some of the items in the room include bean bag chairs, bubble walls, sensory panel, weighted lap pads, headphones, colouring materials and more. In addition to the Sensory Room, Sensory Bags are available.

Click on the website below for further information:

bit.ly/BlueJaysSensoryRoom



NEWSLETTER CONTRIBUTORS

Sheri Thiffault	Chris Fryer
David Marcinek	Kim Cunningham
Esther Kamwanga	Susana York

BCCL TECHNOLOGY COMMITTEE

Assistive Product Spotlight



Do you or a loved one dream of living independently, but want a bit more support or connection than a phone call alone can provide? Grand Care might be the system for you. This company creates devices that allow for easy communication, remote reminders and prompts, skills checklists, and can pair with a variety of health devices and various monitoring sensors for unusual or concerning activity in the home, all while allowing for living on ones own.



www.grandcare.com

