

THE BEST WAY TO NOT FEEL HOPELESS IS TO GET UP AND DO SOMETHING. DON'T WAIT FOR GOOD THINGS TO HAPPEN TO YOU. IF YOU GO OUT AND MAKE SOME GOOD THINGS HAPPEN, YOU WILL FILL THE WORLD WITH HOPE, YOU WILL FILL YOURSELF WITH HOPE.

- BARACK OBAMA

We're on the look out for more Sparks! If you know a person or organization that has impressed you with their inspirational actions to change the world for the better, please check out our website and nominate them!

www.sparkchangetoday.com



Inspiring! Creative!
Inclusive! Remarkable!
These are the characteristics of a Spark



280 Ninth St. West,
Cornwall ON K6H 5J6
Tel: 613-938-9550
Fax: 613-938-2033
info@clstormont.ca



55 Allison Ave, P.O. Box 678
Morrisburg, ON K0C 1X0
Tel: 613-543-3737
Fax: 613-543-4432
cldc@cldc.ca



332 MacDonald Blvd
Alexandria, ON K0C 1A0
Tel: 613-525-4357
Fax: 613-525-4360
info@clglen.on.ca



THE SPARKS THAT IGNITE CHANGE ARE ALL AROUND US

We are dedicated to creating a world where people who have an intellectual disability can fully participate in their community because they are included in decisions and are considered citizens. Equality and respect are our keystones.

Sparks help brighten our purpose.

They are people and organizations that demonstrate new thinking and new ways of caring which champion inclusiveness and dignity.

Here are just three of our many remarkable stories. You can read and learn more at www.sparkchangetoday.com

NOMINATE A SPARK!

Know a Spark we might showcase on our website? See the back cover for more information.

EMPLOYMENT SPARK IN OUR COMMUNITY

We would like to introduce you to Matthew who is supported by Community Living Glengarry in the employment supports program. For the past 8 years Matthew has had the privilege of working at Roméo's Service Center in Alexandria, ON owned and operated by Roméo and Joanne Lacombe. All of their staff are always welcoming, patient and supportive. They have always made Matthew and his support worker feel like part of the team.



Matthew looks forward to his time there every week and to many more years working with them and in his own words he has said "I hope they will keep me forever." Romeo and Joanne demonstrate the true nature of community inclusion.

Community Living Glengarry

JANICE AND GARY BRADFORD ARE SPARKS!



Janice and Gary have opened their home and their lives to Jason. Jason (fondly called Jay by his home share family) has been doing many new things since moving into the Bradford household. He took his first ride on a horse during the Upper Canada Horse Lovers Weekend. He

has become comfortable around horses as Janice is an avid horse lover. Also, last fall the Bradfords' surprised him with a trip to see his favourite team, the Ottawa Redblacks. Jay brought with him his own circle of friends which in turn has grown the Bradfords' circle of friends. "It is a very rewarding experience being a home share provider," said Janice.

Community Living Dundas County

REACHING FOR THE STARS... OUR COMMUNITY SPARK

We would like you to meet Kaitlyn Piquette.



Kaitlyn started school at SLC Cornwall Campus in September of 2016.

She is taking part in a program called Community Integration through Co-operative Education (C.I.C.E).

She would love to work in the food industry

someday. Kaitlyn has worked hard to make her dreams

happen and throughout the journey she has touched a lot of people. She understands that to improve her life she needs to work hard and gain an education and the skills needed to reach her goals. Kaitlyn has said she would someday like to work full time. She is reaching for the stars and lighting a spark in our community.

Community Living Stormont County