

Build a Life Plan Now



How are we
going to fund all
the therapy?

Disability Tax Credit / Crédit d'impôt pour personnes handicapées

Living with a disability requires additional resources. Frequently, family members provide assistance either financially or by providing care. In recognition of the additional expenses and time commitments, federal and provincial governments have implemented a regime of tax deductions, credits and benefits to assist people with disabilities and their family caregivers.

Qualifying for the disability tax credit (DTC) can help you or a family member who provide assistance to reduce your tax payable. If you are applying for a child, you can also claim the Under 18 supplement.

The DTC is also necessary to be eligible for a number of other credits and benefits. Most importantly, the DTC is necessary to be eligible to open a Registered Disability Savings Plan (RDSP) and claim the federal government contributions. In addition, the DTC is required to claim a number of other benefits such as the working income tax benefit – disability supplement, the age extension for the child care tax deduction, enhancement to the children's art tax credit, and monthly Canada child disability benefits. To maximize your available disability benefits you may want to consider contacting your accountant for a tax review.

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The Law of the Garbage Truck

How often do you let other people's nonsense change your mood? Do you let a bad driver, rude waiter, curt boss, or an insensitive employee ruin your day? Unless you're the "Terminator", you're probably set back on your heels. However, the mark of success is how quickly you can refocus on what's important in your life.

Many people are like garbage trucks. They run around full of garbage, full of frustration, full of anger and disappointment. As their garbage piles up, they look for a place to dump it. If you let them, they'll dump it on you.

I started thinking of how often I let "garbage trucks" run right over me and how often I take their garbage and spread it to others; at work, home, while driving. I decided to heed the advice of a New York taxi driver, who told me how he came to understand this story of the "Law of the Garbage Truck".

When someone wants to dump on you. Don't take it personally. Just smile, walk away and wish them well; then move on. Try it, and believe me, you'll be happier.

By David J. Pollay

why? wait

A learning and collaboration series.

In 2015, Independent Person-Directed Planner Kelly Casey, from KC Professional Solutions began working with several families in York Region to develop Person-Directed Plans.

Over the course of this planning, it became apparent that families had similar questions that would benefit from a more organized approach to learning, sharing and collaborating.

Developmental Services agencies in York Region were approached to respond to the identified need, and thus emerged the "Why Wait" partnership for individuals and families expressing concerns in planning for their futures.

The Why Wait initiative involves partnerships between KC Professional Solutions and the following agencies: Meta Centre, Christian Horizons, Community Living York South (CLYS), Reena, VITA Community Living Services, and York Support Services Network (YSSN).

With the reality of limited funded resources, the bi-annual Why Wait events will provide opportunities for families to meet representatives from these agencies, who can provide professional advice, answer questions and guide discussions on creating residential supports.

Person-Directed Planning will embrace these discussions using informal supports and offer creative options to help build and maintain a community of support for the individual.

Invited speakers will share their success stories. Families and individuals will have opportunities to meet and share their vision for the future, and possibly establish continued collaboration and planning beyond the doors of the forum-type Why Wait events.



Kelly Casey

Person-Direct Planner

Kelly has over 25 years experience in developmental services and a combination of community development and formal education in business and social services. She brings her skill-set to partner with agencies for WHY WAIT events, a forum to address the needs of individuals and families to implement person-directed plans.

KC Professional Solutions and agency professionals will come together for the next event on:

WEDNESDAY MAY 11 2016

Location: To be determined.

Time: 6-9 pm

For more information contact:
info@metacentre.ca

WHY WAIT events:

- *Support planning for individuals future housing needs*
- *Provide ideas and information to support individual planning*
- *Provide an opportunity to meet other families and individuals who are on the same path*
- *Provide opportunities to collaborate and share ideas and promising practices*
- *Find potential housemates with similar "vision" for the future.*



No Greater Love

There is no greater love than that of a family devoted to one another.

Alexis is not only a product of that kind of love, she is proof that love prevails above all obstacles.



Meet Alexis. She is a beautiful 20 year old young woman, whom, at the age of 2 was diagnosed with autism.

"It was a life altering reality", says her mother Maria, but one that instantly became a life purpose for her entire family.

As difficult as it was to accept, they began to learn, dissect, analyze and understand what autism was all about. Methodically piecing together the puzzle that was scattered before them. With a heightened awareness on her behavior patterns, they noted how their daughter's behavior changed whenever she was occupied

with colouring or drawing.

In time they came to realize that it was more than just a peaceful moment for her, it was a means of expression in that Alexis was not able to communicate in speaking, she was able to identify, reveal and communicate her internal struggle by using her creativity and a universal language, in art form. An evolution that began at the age of 4 with simple brush strokes to detailed, colourful images, revealing a definite gift that has been encouraged, nurtured and explored by the love around her.

At the age of 15, Alexis began receiving formal training that helped her develop inspiring techniques to capture detail not seen by the naked eye.

Today, with articulate and methodical brushstrokes, Alexis finds her voice. She is well on her way to becoming a promising artist, creating art at the slightest chance, interpreting landscapes in refreshing, unique ways, and selecting colour palettes by reason or emotion to capture the most discriminating imagination.

When Alexis is not creating, she and

her sister Cynthia enjoy spending time together indulging in the things that girls love to do, like shopping trips where Alexis extends her creative edge in selecting fashion forward styles that speak volumes of her vibrant personality. Or, indulging in facials, manicures, and just recently, experiencing a massage session! She knows full well that they are preludes to dinner, the movies, or just hanging out together. Cynthia's devotion to her sister has helped more than her fashion sense. Emotionally, physically, and socially she has been by her side, as her guide, teacher and confidant. Meta Centre has been an extension of this family providing Alexis with respite support offering creative activities that have nurtured long-standing friendships and social interaction. When she graduates from high school this year, Meta Centre will be among her cheerleaders, proud of her accomplishments, and certain that her bright and fun-loving spirit will fly through that open door into a future filled with hope and promise!

2016 January to June Respite Program Calendar
401 Champagne Drive
North York Ontario

meta centre

saturday, sunday, evenings & extended hours
sunday respite fees include lunch + themed activities....

We LOVE our SUNDAYS →






All Respite Sundays are from

11:00 am to 4:00 pm

for Ages 10+

Cost per person \$50/Day

Visit: www.metacentre.ca
for more information.



MARCH 14-18, 2016

Register for March Break Today!

Contact Lana Cianfrini

Meta Centre
401 Champagne Drive
Toronto, ON M3J2C6
info@metacentre.ca
Fax: 416.736.9181
Website: www.metacentre.ca

*This program fills up quickly.
Please register early to avoid
disappointment.*



March Break 14-18
9 am—3 pm



Please return completed registration with payment to:
401 Champagne Drive, North York, ON M3J 2C6
Attention: Lana Cianfrini

Register prior to or before March 4th, 2016.
Direct questions or queries for information to Lana Cianfrini
Email: lcianfrini@metacentre.ca; 416-736-0199 ext 337

REGISTRATION FORM

Name: _____ Date of Birth: _____

Address: _____ City: _____ Postal Code: _____

Tel: _____ Cell: _____ Email: _____

Emergency Contact: _____ Tel: _____

Health Card # _____ Diagnosis: _____

Allergies (medications, food, other) _____

Medications (List all): _____

1) Does Consumer have epilepsy? ☐ Yes ☐ No If yes, date of last seizure: _____

2) Describe physical limitation/s and or any assistive device/s used: _____

3) Does consumer display aggressive behaviours? ☐ Yes ☐ No If yes, please specify and how they are addressed: _____

4) Does the consumer require support? ☐ Yes ☐ No If yes, please specify _____

5) How will consumer arrive to program: _____

6) Will consumer be travelling on Wheeltrans? ☐ Yes ☐ No If yes, please include Wheeltrans# _____

I, (parent or guardian) consent to have the above named individual participate fully in META Centre Respite March Break Program, March 16-20 inclusive and acknowledge that the Meta Centre will not be held responsible for any injuries incurred or personal belongings lost or stolen.

Please enroll (name of consumer) _____

Enclosed, please find payment in the amount of: _____

I am aware that reimbursements will NOT be made for late registrations, absenteeism, withdrawal from the program or inclement weather conditions/cancellations.

Meta Centre Respite Services information and registration application available
online at: www.metacentre.ca



Respite Sundays

Sunday February 28th

ROSE COLOURED GLASSES



March 14th-18th inclusive

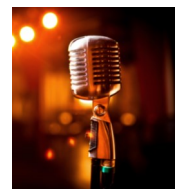


Sunday March 20th

BLAST FROM THE PAST • SCRAP BOOKING



Sunday April 15th • KARAOKE



Sunday May 15th • MAKE YOUR OWN



PIZZA

Sunday June 12th • SOIREE



E: lcianfrini@metacentre.ca
T: 416.736.0199 ext 337



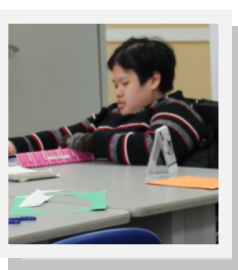
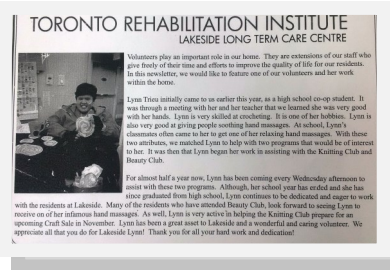
LYNN

Meet Lynn. She is a joyful, spirited, fun-loving young woman who constantly wears a smile on her face and initiating conversations on just about any topic at the first hello. If we had to use one word to describe her, it would be “sunshine”, she brightens the day. Definitely radiates sunshine wherever she goes!

A participant in Meta Centre’s day program since high school, Lynn enjoys her friendships, activities and personal growth. One day per week Lynn “gives back” by volunteering at Lakeside Long-Term Care Centre, where she is considered “an extension of the staff” assisting with a knitting class, where unique items are created and later sold at the Centre’s annual craft sale, which she also helps organize. Lynn is also

known for giving her “renowned” hand massages, using wonderful scented creams that she provides. Needless to say whether it’s the knitting group or those anticipating her massages, the residents have grown fond of this young lady, looking forward to her weekly visits.

Featured in Southlake’s newsletter serving their 10 locations, Lynn has been recognized for her dedication and contribution to others. In December of 2015, Meta Centre also recognized and celebrated her contributions with a profile on GIVING TUESDAY. We continue to support both her needs and ambitions knowing she will always be up for a challenge and walk away a winner in all that she does!



Who me? Volunteer? Why?

Facts on benefits from volunteering *One of the better-known benefits of volunteering is the impact on the community. Volunteers are often the glue that holds a community together. Volunteering allows you to connect to your community and make it a better place. Helping out with the smallest tasks can make a real difference to the lives of people, animals, and organizations in need. Volunteering is a two-way street: It can benefit you and your family as much as the cause you choose to help. Dedication your time as a volunteer helps you make new friends, expand your network, boost your social skills, and protect your mental and physical health.*



MICHAEL

Michael spreads his infectious smile at his new Meta Centre home, and instantly turns frowns upside down!

Check out these 3 simple facts on using your natural instincts:

Fact: Smiling releases endorphins

Research shows that the simple act of turning your mouth up, whether authentic or not, can help release endorphins, feel-good hormones. Serotonin, a chemical that’s a natural stress-reducer, is also increased when you smile.

Fact: Fight a cold with a grin

Cut down on those sick days by plastering a big, cheesy grin on your face. Every time you flash your teeth, your body produces greater quantities of antibodies and T-cells (or white blood cells), which may give your immune system a huge power boost.

Fact: Smiling is contagious

During an experiment conducted in Sweden, participants reported that they found it very difficult to frown when they saw other participants who were smiling. Many began to turn their mouths up without even realizing it. Start smiling and the whole world will smile with you.



CHRISTINE

From homeless to Meta Centre

Christine is an intelligent, well-spoken 44 year old woman who despite some tragic and desperate times, wears a constant smile.

Her journey has been unimaginable and courageous. Her experiences are a reality that should stand as a reminder of how fragile and destitute lives can become without knowledge, guidance or support. It has been less than six months that Christine has come to Meta Centre. Today she is still transitioning. Living in one of our group homes and attending the day program her past is still vivid. Asking her to talk about her experiences was not easy, knowing that it would bring her back to very difficult and uncertain times, yet, she is now in a safe place and reminding her of that, facilitated the conversation. Christine's developmental disability manifested itself in her 20's when she was diagnosed with a developmental disability and

schizoaffective disorder. Her behavior and emotional problems took its toll on family and relationships and greatly reduced the quality of her life. Everything spiraled with the loss of her mother. Christine found herself shuffled from one group home to another. Eventually she became homeless and lived in shelters until finding her way to CAMH. Luckily, she found her way to Meta Centre and although still fragile, you can hear a smile in her voice as she expresses a desire to volunteer in the kitchen. "I love to cook" she explains, and hopes to explore and share that desire someday.

Christine is also aware of how her environment affects her mood and triggers behaviors. "Loud noise, or a lot of people, make me uncomfortable". Anxiety is a symptom she easily identifies with.

At Meta Centre, her life is now in the caring hands of those who will help her get her life back on track and there is a sense of well-being in her voice as she speaks of her appointments that are being arranged.

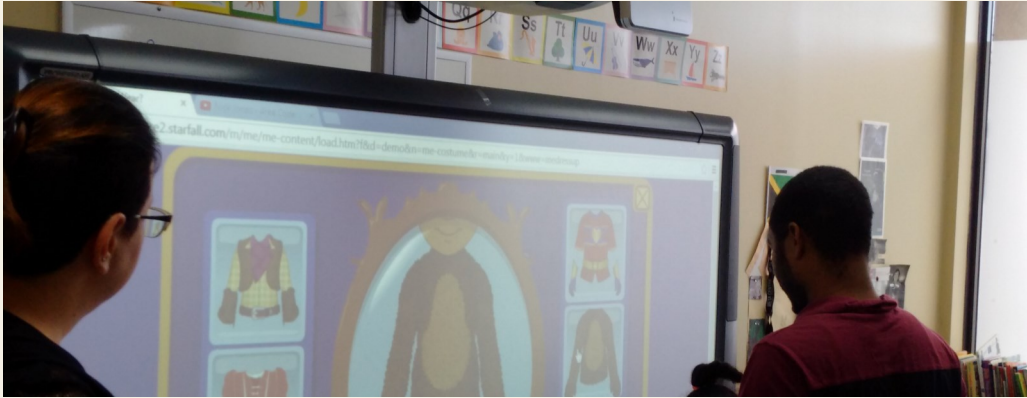
When asked about an upcoming event she has been told about, she breaks out with heartwarming

laughter and says, "I can't wait for the sleepover at Ripley's Aquarium". When asked, why? The response was no surprise, "I think it will be so calming and relaxing being surrounded by the water world". We think so too, and look forward to her telling us all about that experience in the days to follow.



Imagine your mind racing from thought to thought, or not being able to tell the difference between reality and a hallucination. Imagine feeling not much at all, your mind numb to any pleasure you might receive from relationships, hobbies, school, or work. These are just a few of the symptoms that accompany illnesses like schizophrenia, mood disorders, and depression. Schizophrenia is a brain disorder that distorts the way a person thinks, acts, expresses emotions, perceives reality, and relates to others. It is a disorder that is lifelong and impacts all areas of living.

WHAT'S HAPPENING AT META CENTRE



THE MODERN CLASSROOM at Meta Centre:

The Promethean board; while it may have a slightly intimidating and mysterious name, it is an incredibly useful piece of technology that has been introduced at two of Meta Centre's day program locations. A specific brand of interactive whiteboard, the Promethean board helps our people with multi-sensory learning abilities to use and develop a means of communicating, by addressing the visual, auditory and kinesthetic needs of learners. Our 2016 wish list includes two more boards, to have this technology in use at each of Meta Centre's day program locations.

PARTNERSHIP WITH BLUE WILLOW PUBLIC SCHOOL



Meta Centre Vaughan is pleased to be partnering with Blue Willow Public School, and their "Breakfasts for Children" program.

On January 25th, representatives from Meta Centre met with Vice-Principal Amalia Luca at Blue Willow Public School to begin coordinating a partnership and collaboration with Meta Centre participants and support staff to assist Blue Willow students and staff in the making of breakfast "smoothies" for students. Meta Centre and Blue Willow are working towards further developments of the partnership and we will look forward to

reporting on these endeavors in future newsletters. As we reach out to educate, and bring awareness on the importance of inclusion in our social structure, we are excited about including opportunities that engage "our youth", the grass roots of our community!

Our programs include recreational experiences outside of a structured environment that introduce new experiences, educate, and encourage inclusion.

We welcome your interest, suggestions and or referrals. Write to: info@metacentre.ca.



META CENTRE, in support of Humber College and Christian Horizons, invite you to attend the premiere of **A Better Slice of Life**. A powerful documentary based on the journey of 4 people with special needs who gain more independence in learning practical culinary skills.

March 8, 2016

6:30pm - 8:30pm

Bloor Hot Docs Cinema

Main Theatre

506 Bloor Street West, Toronto

Register online:

<https://www.eventbrite.ca/e/a-better-slice-of-life-documentary-premier-tickets-21205338739>

Humber College, in partnership with Christian Horizons, teaches culinary skills to students with disabilities. This program could be used as a model in other educational institutions, as well as in industries beyond culinary. These students are realizing choice, and a chance to follow their dreams. Canada's challenge is this-give people with disabilities the opportunity to develop their innate potential and become contributing members of their community. The onus is on governments and educational institutions alike to give Canadians with disabilities the opportunity to gain skills and employment.

The website:

www.abettersliceoflife.com





BE PART OF OUR GROWTH! We are sending out a survey to your email address in March! If you would like to receive this survey by mail, or, if you do not receive it, please contact: info@metacentre.ca.

All completed surveys will be entered into a draw to WIN a special gift. THANK YOU for helping us serve you better!

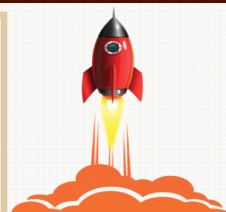


NEW WEBSITE LAUNCHED

FEBRUARY 17TH, 2016

WWW.MYCOMMUNITYHUB.CA

Featuring activities, classes, programs, workshops, day respite and camps from the 7 pilot agencies.



Meta Centre is pleased to announce the launch of an innovative online registration tool for families seeking information on activities offered by various DSTO (Developmental Services Toronto) agencies across the Greater Toronto Area.

MyCommunityHub is the tool that will help the entire sector respond to the growing pressures of meeting the needs for individualized fee-for-service supports. Together, we look forward to making this the place where families, individuals and agencies can find everything they need to know about fee-for-service supports.

Upcoming Event



LADIES' Martini Night

Don't miss this fabulous evening with friends to come together, shop, talk, and enjoy the ambiance. Come together for another great evening in support of Meta Centre—April 14th! Tickets/Information contact: Rita at 416.505.9417/ screamingrita@hotmail.com

Meta Centre

401 Champagne Drive Toronto, Ontario. M3J2C6

416.736.0199 ext 322

INSIGHT: info@metacentre.ca

Proudly Promoting



ART Show

Alexis Tomas celebrates being different and accomplished with her book Fairytale. Proceeds from her book will go towards further training and art supplies. Purchase your copy by contacting: maria.tomas@hotmail.com

APRIL

For the entire month of April, visit Alexis art display at Mississauga Central Library 301 Burnhamthorpe Rd. W. L5B 3Y3

Visit us at:



Insight into March



MARCH Highlights

- **Respite MARCH BREAK WEEK**, March 14-18
- **Toronto Day PROGRAM** March 8th **Terri Segal** *Rhythmic By Nature, Drumming workshop*
- **ALL LOCATIONS** March 17th *St Patrick's Day Festivities*
- **A Better Slice of Life Documentary—Premiere.** March 8th
A must see! "Powerfully emotional".
Register online (Eventbrite link on page 7).

Tickets are free.

INSIGHT Newsletter Editor **Laura Tonelli**

Committee: **Antoniet Orlando, Ruth Sandland, Frank Grosso, Carla Torbidone, Heather Drakes, Grace Douglin, Rosanna Mossa, Lana Cianfrini, Nancy Settino**