



Shadow Lake News

A place where kids, youth and adults can experience the joy of the outdoors.

Fall 2020

Inside this issue

P1 | Virtual Camp

P2 | Staff Experience

P3 | Canada Day

P4 | Facebook Live

P5 | Camp Kit

P6 | Property Update
Off-Season
Update

P7 | Trial Weeks

P8 | Shadow Lake
Respite
Weekends

P9 | Safety at
Shadow Lake

P10 | Testimonials

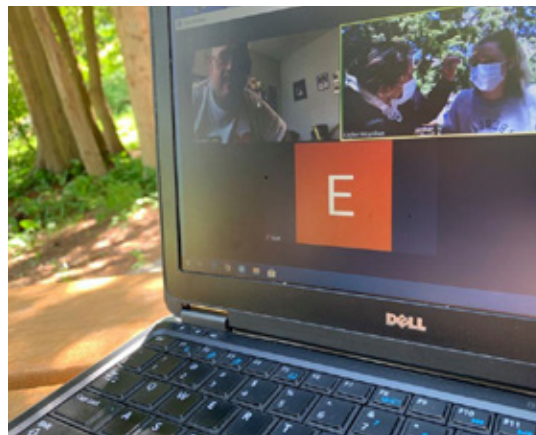
P12 | Donations

Shadow Lake Centre is
Owned and Operated by
Community Living Toronto.



Virtual Camp

Summer 2020 turned out to be a great summer filled with fun, laughter, and connections. Due to the pandemic, we quickly decided to take camp online, creating our first-ever Virtual Camp! We had such a blast with our virtual guests, and some were able to join all our Virtual Camp Weeks!



These camp sweaters were donated to all the staff from Gary. Thanks Gary!

Virtual Camp

The Staff Experience!

Virtual Camp wouldn't have been possible if it weren't for the hard work and dedication of our Shadow Lake staff. We are lucky to have such an amazing group of people working at Shadow Lake Centre!

We'd like to invite you to see the other side; what is Shadow Lake Centre to the staff that work there? Here are what some of our camp counsellors have to say about what it's like to have the best job ever!



Dieter

"As it was my first summer at Shadow Lake Centre, I had the opportunity to connect virtually with incredible guests who changed my life in so many ways. Hearing the guests call me by name, and say that they miss me, even though they never met me in person, feels incredible. It's been heartwarming to be part of Shadow Lake Centre's Virtual Camp 2020 and see the guests having fun. I am so grateful for my time at Shadow Lake Centre this summer!"

Dieter | Camp Counsellor

Shannon

"Last summer, when asked what Shadow Lake Centre meant to me, I responded with, 'To me, Shadow Lake Centre is a place where things that seem impossible become possible.' This summer, that statement proved truer than I could have ever realized. Being able to contribute to the planning and implementation of Shadow Lake's first-ever virtual camp with staff, both old and new, was such a rewarding experience. Having the opportunity to return to SLC this summer and connect with guests, friends even, via virtual camp brought so much joy and light into my life during such unprecedented times."



Shannon | Camp Counsellor

Mathusan and Joanne

"Our favourite experience at Shadow Lake Centre this year was engaging with the guests over the zoom calls and seeing their happy faces. Getting to know and understand each guest via Zoom was a new experience for all of us at Shadow Lake Centre. Still, we were always willing to step up to the challenge and adapt to various situations to make things as smooth as possible."



Mathusan | Camp Counsellor



Joanne | Camp Counsellor

Canada Day

The Staff Experience Con't!



Ryan

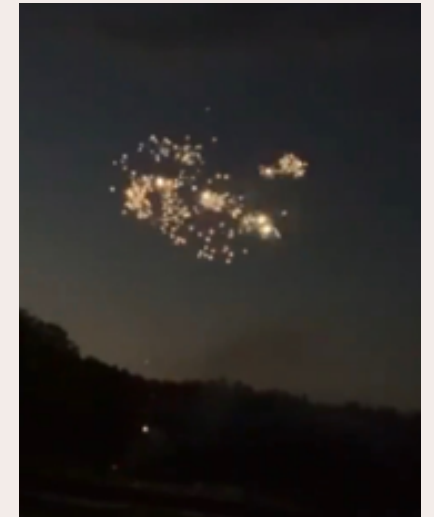
"After staying home for so long and summer camp getting cancelled, I was excited that we were able to offer something virtually. It was such a great learning curve and it was nice to have the social aspect that Shadow Lake is greatly known for."

Ryan | Counselling Coordinator

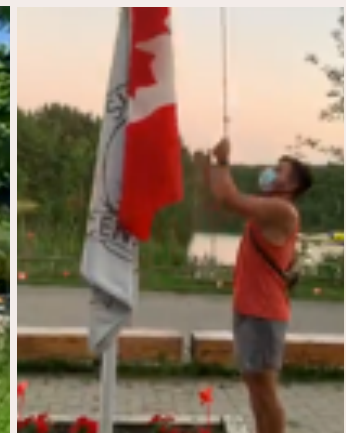
Canada Day Celebration

This year, we wanted our celebrations to be inclusive for everyone for Canada day, so we went virtual! The festivities started with a virtual Canada Day party from 1 pm - 1:30 pm over Facebook Live. Staff created various activities to perform on Facebook such as a scavenger hunt, pin the tail on the beaver, Canadian trivia, and a face painting tutorial! This virtual celebration was really fun for our Facebook followers and/or guests to watch and connect.

At 9 pm, we had a filmed firework display celebration for all to see. It started with the flag-raising and our national anthem, followed by the Shadow Lake Centre parade and a sunset tour. At 9:45 pm, the firework display began! Even though we typically have a week filled with Canada Day celebrations, this one turned out to be a lot of fun!



Shadow Lake Firework Display



Building a Virtual Community

Facebook Live

In a time of uncertainty, the senior leadership team at Shadow Lake Centre wanted to find a way to stay connected and provide engaging content for the Shadow Lake community. With a lot of hard work and teamwork Shadow Lake Facebook Live began on May 11th, 2020!

The live-streams were originally going to end after six weeks but the viewers were enjoying the activities, and the staff were having so much fun doing them, that they continued until the end of August.

We are so excited that Facebook LIVE at Shadow Lake, has returned! Check out our page on Tuesdays and Thursdays! @ShadowLakeCentre

To celebrate the return of Shadow Lake Facebook Live here is a list of the top 10 Facebook Live videos...

Top 10 Shadow Lake Centre Facebook Lives!

10. Tour of Camp - Week 1
9. Painting Rocks - Week 1
8. Pond-Trail Walk - Week 1
7. Microwave S'mores - Week 2
6. O-Ride Karaoke - Week 10
5. Face Painting - Week 2
4. Planting Seeds - Week 6
3. Chair Yoga - Week 2
2. Haunted House - Week 7
1. Boat Race - Week 5



10. Tour of Camp - Week 1



9. Painting Rocks - Week 1



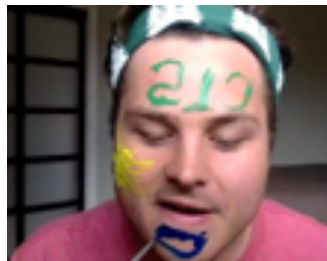
8. Pond-Trail Walk - Week 1



7. Microwave S'mores - Week 2



6. O-Ride Karaoke - Week 10



5. Face Painting - Week 2



4. Planting Seeds - Week 6



3. Chair Yoga - Week 2



2. Haunted House - Week 7



1. Boat Race - Week 5

Camp Kit

Shadow Lake Camp Kits

Shadow Lake Centre Camp Kits were sent to guests to make virtual camp more interactive. Each Camp Kit came packed with their own camp t-shirt, arts and crafts materials, snacks from the tuck-shop, and a custom Shadow Lake activity book.

The activity book is filled with Shadow Lake themed activities such as a Shadow Lake word search, a maze to the lake, Kangaroo Court, Shadow Lake Colouring pages that even included George's Ice cream shop! Gravity Inc. created all the beautiful illustrations and activities.

The Summer 2020 Camp Kits are still available for purchase! go to MyCommunityhub.ca to purchase yours.



Order a camp kit, today!

You can purchase a camp kit, at any time, on MyCommunityhub.ca

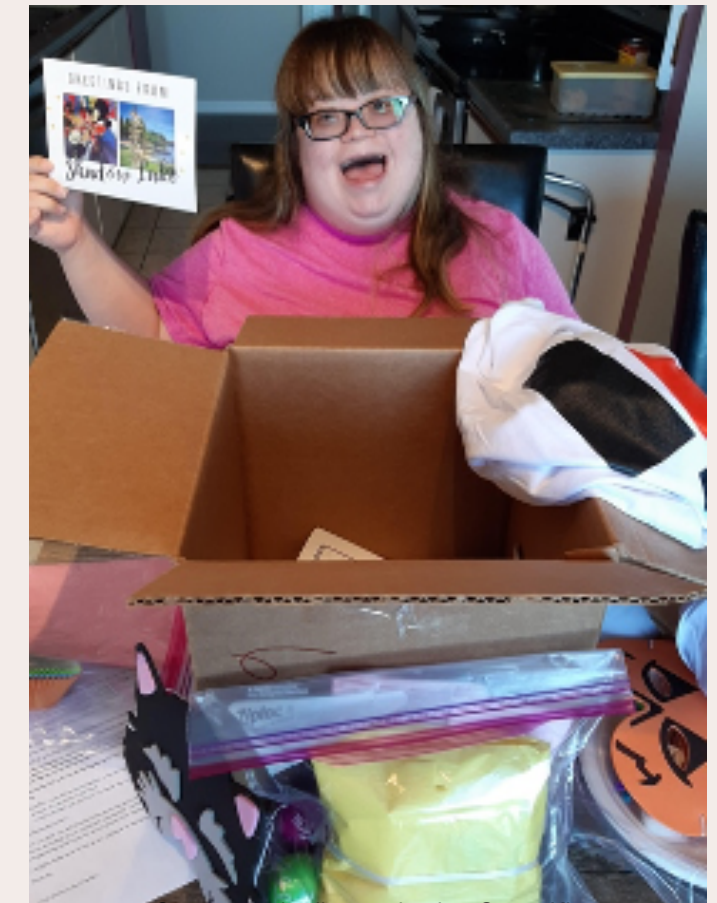
Sammy's Camp Kit

"Sammy was thrilled to receive her Camp Kit from Shadow Lake Centre, who doesn't love getting a parcel delivered! Sammy enjoyed unpacking the items. She happily commented on each of the crafts and investigated all the supplies in the separate bags.

It was a great idea to send snacks in the camp kit! Sammy especially liked the chips and Doritos. Sammy also thought the postcard was cool, and the t-shirt was the correct size.

The schedule with all the details was very helpful and set the routine for the week and the breakout groups worked well for providing more individual attention.

My one recommendation would be for the text on the printed items to be bigger as Sammy has low vision. Other than that, the Camp Kit was an excellent idea, and Sammy thoroughly enjoyed it!"



Sammy excitedly opening her Camp Kit

Shadow Lake Off-Season

Property Update

While we were sad that guests couldn't come and enjoy camp in person this summer, it enabled the maintenance staff to revitalize some of our buildings. We managed to re-paint all the buildings on the property and re-stain all the decks and porches. The red barn received a new coat of paint as well and the ground behind the barn was resurfaced.

The porch of the Farmhouse was stained, there is a new power-controlled gate at the entrance and both the road and parking lot were resurfaced.

We can't wait for everyone to be able to check out all of these updates in 2021!

Off-Season Update

Shadow Lake Centre has been renting out our facilities during the off-season for over 30 years. We have built a great relationship with our guests with most of them coming back year and after year. From School groups, Faith Groups, Scouts, GUIDES, and more, we have become part of their tradition.

All off-season bookings from April 2020 - January 2021 have been cancelled due to the pandemic. We will update you about booking availabilities when we can. For immediate updates on off-season bookings you can visit our website www.shadowlakecentre.ca and be sure to follow us on our socials!



Trial Weeks

Camp Trial Weeks

We are looking forward to welcoming guests back in a safe and enjoyable way. To prepare for re-opening the camp two separate week-long overnight camp trial sessions were offered in early September. The two sessions had 15 guests divided into small cohorts of 4-5 guests per staff.

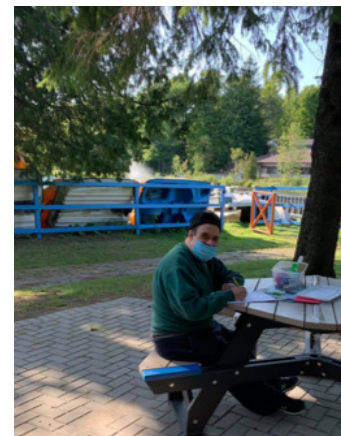
In order to ensure the safety of our guests all materials were sanitized before another cohort entered the space. Guests were assigned their own bedroom, life jacket, arts & crafts bin, and individual items such as a bath mat and bug spray.

When looking for guests to be a part of the trial weekends, we identified individuals who had been isolated at home and had minimal access to supports, whether in person or virtual. These individuals were also independent in their personal needs and daily routines, requiring little support from staff. All of this enabled staff and campers to safely social distance while at camp.

Each cohort was designated their own cabin, meal times, and a daily schedule in which they were to follow for programming purposes.


The staff was very impressed at how well the guests adapted to a more structured day. All guests were willing to sit at their own table and each cohort remained together for the entire week at camp where they engaged in many of their favourite camp activities such as arts & crafts, boating, and sports in the barn.

Thank you to everyone for making these trial sessions a success! Your patience, and hard-work helped the sessions run smoothly.



Shadow Lake Weekends

Applications are now open, reserve your spot today!

 <p>No payment required until closer to the registered weekend</p>	 <p>We will notify you asap if the weekend is cancelled</p>	 <p>We are taking all safety precautions.</p>	 <p>Apply with MyCommunityHub.ca, Search registration number: 13222</p>
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We are excited to announce that Shadow Lake Centre will be offering Shadow Lake Weekends again!

our guests safe. Nine spots will be available which will be separated in to two cohorts, one of 5 and one of 4. The two cohorts will both live in separate houses and will eat, sleep, and engage in program in separate spaces.

We have enhanced safety protocols in order to keep

Price: \$600 | Check-in: Friday at noon | Check-out: Sunday at 3pm



Summer 2021

Applications for Summer 2021 will be available starting **December 1st 2020** on

[MyCommunityHub.ca](https://mycommunityhub.ca)

Price: \$1,800 per week /per person **Number of Spaces available: 20** (for now)

*At this time we are only offering 3:1, 4:1 and 5:1

8 | Shadow Lake Centre

Shadow Lake Safety Measures

Safety at Shadow Lake

Many enhanced Infection Prevention and Control measures have been put in place at Shadow Lake to ensure that our guests are safe. These measures include:

- Hand washing and hand sanitizing stations have been installed to all entrances and in and around our field area
- Staff are provided with portable handwashing kit that include a fanny pack with hand sanitizer, sanitizer spray, masks, a water bottle, soap and napkins so that hand hygiene can occur if somewhere that the handwashing station is not present
- Enhanced cleaning all around on a strict schedule
- A team of cleaners has been hired at Shadow Lake to disinfect high touch surfaces consistently. All high touch surfaces are being sanitized at least every two hours. Equipment is being sanitized between each use.
- Separate meal sittings have been put in place. Each guest has their own table to sit at placed 6ft apart from one another. Each camper and staff are given a prepared plate, with packaged

condiments and a drink. The entire dining hall is disinfected between each meal seating.

- Discarding all fabric material furniture and replacing them with material that can be sanitized
- Screening all staff and visitors before they enter the property.
 - o Will go through pre-screening before they arrive and then active screening when they arrive. During active screening, a series of questions related to travel, symptoms, or COVID exposure signs are asked.
 - o They must pass both screenings and have a temperature below 37.8 degrees Celsius before entering the property
 - o Temperatures will be taken when arriving on property and checked twice a day
- Frequent monitoring of any potential signs and symptoms of Covid-19

For more information about Infection Prevention and Control measures contact us at the Shadow Lake Office by email at shadowlakeoffice.ca or by phone at (905) 640-6432.



9 | Shadow Lake Centre

Testimonials

Testimonials

We can't wait to safely welcome all guests back next summer and stories like these make all the difference.



Cathy, Jeff and Tim Sonderegger

makes in both Jeff's and our lives. Because we live so remote Jeffrey is very isolated. Shadow Lake is more than a camp to us, it's like family.

You would laugh if you knew how much the campers talk about Shadow Lake during the whole year! They talk & text about what happened that year, what's going to happen next year, who did this & that! It's hilarious! And I honestly have to say that this camp is Jeff's most favourite place. He'd live there if he could! As a parent of a special needs adult child it's also great for us to be able to have a break, and know that Jeff is being well taken care of and having a great time. This camp is a Godsend. The staff are absolutely amazing & we love them all. I honestly hope that this camp will continue to be available always because there is nothing else out there that even compares to Shadow Lake

I hope next summer this pandemic is behind us & we can resume the normal camp sessions. I hope everyone stays healthy, safe, connected & happy. Thank you all for making this amazing camp possible & for everything you do. You are all appreciated more than you will ever know.

Let me start off by saying thank you so much for all the work you did to make the two-week special session possible this year. What an amazing time Jeff had. You have no idea the world of difference it

Price: \$180 per program Virtual CAMP ShadowLakeCentre.ca

Program 1: Morning Activity	Program 2: Steps to Independence	Program 3: Evening Program	Program 4: Weekend Program
Monday-Thursday 10 am -12 pm	Monday-Thursday 1:30 pm - 3 pm	Tuesday-Thursday 4:30 pm -6 pm	Saturday & Sunday 10 am -12 pm & 1 pm -3 pm

MyCommunityHub

Testimonials



Here is Rosanne visiting Shadow Lake with her Family in 2018.

To the team at Shadow Lake Camp, from Rosanne

Here is a wonderful thank you letter that we have received from one of our lifelong guests, Rosanne. You may remember her article from our winter 2018 newsletter! She has been coming to Shadow Lake camp for over 40 years! Her mother, Vivian, used to go to the camp, back when the property was owned by the Eaton Family! Even though she couldn't attend camp in person this year, Rosanne sent us a thank you letter, telling us all about how she enjoyed our virtual camp, and the Facebook LIVE sessions. Thank you Roussanne for these kind words, we appreciate it and look forward to seeing you again soon!

TO THE TEAM AT SHADOW LAKE CAMP

ROSANNE @ I. WOULD LIKE TO SAY THANK YOU FOR PUTTING ON THE VIRTUAL CAMP & ALSO, LIVE ON FACE BOOK AT 1PM.

YOU ARE ALL SO CREATIVE & TALENTED,

EACH BOOK, WHEN OPENED, WAS BLITING FOR ROSANNE, WHO HAS 3 BOOKS & IS STILL DOING THE CONSUMABLE WE DO THE SING SONGS ON THE LONG SHEETS GOOD THINKING ABOUT PUTTING A TALK BACK IN THE BOOK.

WHAT'S CAMP WITHOUT TALK. THE NEW CAMP SHIRTS ARE FAB! HOW YOU ARE SO CREATIVE.

THANK YOU ALL!

KEEP WELL, HOPE TO SEE YOU NEXT YEAR

VIVIAN SMITH

Rosanne

After our first ever virtual camp was complete, we received this heart warming letter.

FRIENDLY CONNECTIONS

NOW AVAILABLE | 4 WEEK SIGN UP!

Visit ConnectABILITY.ca to sign up once and get 4 weeks of connection through a fun weekly post card, letter or just a simple email saying "Hi"!

Donations

Donations

Make someone's summer special with your donation today! Help support the cost of camp with a gift to help with camp subsidies, sponsor someone to attend camp for a week, replenish arts and crafts supplies and help purchase new sporting equipment or games. Cash donations are always welcome and can help provide someone the opportunity to attend camp. Additionally, if you have art supplies, bedding, sleeping bags or board games that are new or gently used, we'd be happy to put them to good use.

Donate at ShadowLakeCentre.ca.

For more information about donations contact Sylvie Labrosse at sylvie.labrosse@cltoronto.ca or 647-588-9465.



Contacts



Facilities Rentals & Marketing

Gary Ouellette
416-317-0472
gouellette@cltoronto.ca



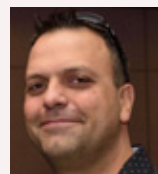
Supervisor

Jamie Wallace
905-640-6432
jamie.wallace@cltoronto.ca



Superintendent

Marisa Grasse
416-317-0463
mgrasse@cltoronto.ca



Manager

Muhammed Irshad
647-203-2953
mirshad@cltoronto.ca



Director





Angela Bradley
416-509-1596
abradley@cltoronto.ca



Camp Coordinator

Kaylee Moynihan
905-640-6432
kaylee@shadowlakecentre.ca

Stay In Touch!

-  @ShadowLakeCtr
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