

COMMUNITY LIVING  
Owen Sound and District

# Perspectives



## 2nd Avenue Team

Submitted by Roberta Clark  
"2nd Avenue" is not your traditional day program. In September 2009 we made the move from a traditional program to one that was more flexible and able to offer more programming to meet the needs of a larger number of participants. Since that time

186 people have participated in 2nd Avenue activities.

Over the years we have continued to stay true to our initial goals, which were to change the atmosphere and the outcomes provided with programming in the building, to provide as much experience as possible outside of the building, using our community first and to ensure that all participants have identified outcomes which we will

do our best to address within the program.

Currently there are four full time Support Workers working at 2nd Avenue; Roberta Clark, Marsha Blum, Marsha Alexander and Brooke Ramsay.

community centres such as The Bowling Alley, Roselawn Lawnbowling Club, The Rec Centre, The Bayshore, The Seniors Club, The Active Living Centre and The Family History Centre.

Some life-skills activities that have been offered include; cooking, sewing,

gardening, First Aid, Tai Chi, anger management, computer skills and woodworking.

The recreational activities offered are numerous and include fishing, Bingo, various crafts, board games and photography. For information on how to access 2nd Avenue activities, contact their primary Community Living Support Worker. The centre operates Monday to Friday, 8:00 to 4:00 all year round.

Over the years we have continued to stay true to our initial goals.

Every three months we all work together to come up with a schedule of activities for participants to choose from. Sign-up sheets are created and given to all participants so they can choose the activities that interest them.

Most activities offered fall into one of three categories; Community Participation, Learning Life Skills and Recreation.

Participants have participated in activities in various

## Getting Active at 2nd Avenue!

Submitted by Brooke Ramsay  
**Zumba at 2nd Avenue**

Here at 2nd Avenue, we have a huge variety of groups available to participate in. One activity that is requested frequently is Zumba, a type of dance that is so much fun you don't even know you're exercising! We go to Zumba at Stone Tree, where a highly energetic

teacher awaits us! She teaches us dance moves to some of today's top hits. We are currently working on dances to the songs "Havana" and "No Excuses." Typically comments as we leave our class are: "that was so much fun" and "I loved the dance we learned today."

**Yoga and Mindfulness**  
Practising breathing techniques

and increasing flexibility are skills we learn when Yoga comes to 2nd Avenue! Our facilitator helps us relax our mind, improve our muscle strength and also reduce symptoms of anxiety. We make accommodations based on individual needs to allow for everyone to benefit as much as possible from the program.

## The Naturalist's Club

Submitted by The Naturalist's Club

If you love the outdoors and live life on the wild side, then the Naturalist's Club is the activity for you! Join us as we hike various trails through swamps and the bush as we look for animal tracks, birds nests, beaver dams, muskrat huts, and identify any critters that we can catch in our nets! We also look after 15 birdhouses that we have adopted through the Sydenham Sportsman's Association. It's a wonderful experience

as we identify the different nesting birds, count the eggs and the hatchlings and then forward this information to the Sportsman's Association for their bird study. It's a great learning experience for all and did we mention a lot of fun! Come join us!



Tim G. with the catch of the day! Photo credit: The Naturalist's Club

## Engraving is My Passion

Submitted by Martin Kurr

Engraving is something I never thought about until one day when I was vacationing at my grandparents' home in Toronto. I had just left high school and my grandparents asked me what my plans were. To be honest, I didn't know at the time. I knew I loved to draw and had taken to engraving because it was just like drawing but done with a rotary tool rather than a pencil. No one taught me how to engrave. I taught myself.

engraved, the more I realized this was more than a hobby. It's a passion that provides me with a creative outlet and gives me peace, tranquility and healing from past hurts.

My dream is to make a life for myself engraving and to open my own studio called "Talon Studio." I want to live my life fully from a passion that has brought me so much healing. For me when I'm engraving "I'm flying free like an Eagle!"

Initially I engraved letters, symbols and over time this expanded to imagery and poetry. I engrave on things such as wood, metal, stone and plexy glass. The more I



Martin K. with his engravings. Photo credit to Charlie Cottrell

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# Fun Creations

Submitted by the Fun Creation's Group

Fun Creations is a craft group that focuses on fun, friendship, and creating some pretty great



masterpieces. We have made bamboo container planters, flower container planters, garden wind chimes, a small canvas painting, a decorative sign, created a multi-coloured sand jar, a gemmed dragon's egg, and made a face cloth bunny! We really enjoy each other's company as we work on our projects and listen to music. If you like crafts and enjoy friendship come out to Second Avenue and join one of our craft groups! You'll love it!

Pictured at left: Judy G. proudly displays the flower container planter she created.

# Burrito Pillow Cases

Submitted by Roberta Clark

I'll bet you thought Burritos were something you ate! The Sewing group at Second Avenue learned differently last winter when we all made Burrito Pillow Cases. These are very easy to make and start off



with three different pieces of fabric cut to specific lengths. All pieces are the same width. The pieces are then laid one on top of the other with the middle sized piece on the bottom. The largest piece is then rolled up (like a burrito) until it fits within the smaller piece which is then folded up to contain all pieces. The ends are sewn together creating a tube, which is then pulled inside out to create the pillow case. It was a lot of fun to look at the tube and try to imagine it becoming a pillowcase. All the sewers were astonished when they finished pulling and found out that it had, in fact worked and they were now holding a pillowcase in their hands.

Penny Brueckman-Stevens with her Burrito Pillow Case

# Building a Bright Future

By Kim McCorkindale

"Remember that wall there?" I nod, and answer yes. "Well, I took it down!"

Kyle Neabel loves his new job! He was hired in May by Clarence H. Graham Design and Construction. He currently is part of the crew doing the renovations at Community Living Owen Sound and District's 1290 3rd



Avenue East property. When completing his orientation it was stressed that safety on the worksite is of the utmost importance. Kyle takes safety very seriously and is always aware of his surroundings and acts accordingly.

Kyle is a hardworking young man who smiles easily. He is always eager to learn new skills and his Supervisor and coworkers have been amazing at teaching him how to safely and properly complete tasks.

When asked about his job, Kyle says he really appreciates being welcomed and accepted by the entire team at Clarence H. Graham Design and Construction. With a big smile he shared that his family and friends are so proud of him. He looks forward to a bright future with a busy company working on many other projects in our community.

# 2018 Volunteer Appreciation



Submitted by Fely Clarke

It was a wholesome experience for Jason Karn, Chris Henry, Sarah Greenaway and Dan Minard to be part of the Hillcrest Elementary School's Volunteer Appreciation Day. Jason Karn baked mini-muffins every Wednesday morning with assistance. He usually baked about 96 mini-muffins for the Hillcrest breakfast club. Jason is more than happy to do it again the next school year.

Chris Henry enjoyed cutting cheese with Jodi K.'s assistance every Thursday morning which enriched the school's breakfast club selections and the children/students were immensely

thankful for.

Sarah Greenaway helped at the library with Shanie M.'s assistance every Friday morning. She put books away in each separate bin, tidied up any left-over craft supplies, and put misplaced books in their proper spots.

Dan Minard also helped at the library with the assistance of Martin Fox every Wednesday afternoon. Dan knows where to put the books and he was more than happy to inform Martin where to put them accordingly.

We were invited and attended the assembly. The students expressed their thanks and gratitude to all volunteers with style

by singing and with the V.O.L.U.N.T.E.E.R. acronyms presentation. It surely showed that each and every one of us have always had something special to offer to make things better for our community, most specially for our children. The symbiotic relationship magnified the inclusions in our community through volunteering our time, energy and effort. It was such a relationship and opportunity to connect and extend our helping hands for the enrichment of everybody's involvement to this worthy cause. Each volunteer was given thank-you notes written by students and a mum plant.

# Georgian College CICE Student, AJ Brand, Continues to Inspire

Submitted by Amy Dennis

AJ Brand lights up when I compliment her on the numerous successes she has had this year. She nods enthusiastically and looks out the window, smiling. "Being in college has made me totally more self-aware," she says. "So many aspects of my life have changed big time since being at this college."

The CICE Program at Georgian College is designed to integrate students with special needs into the college community, helping them succeed by modifying course content according to their individual needs. As her learning facilitator, my job is to offer AJ support during her time at Georgian and help her to make the most of the college experience.

Even before becoming a CICE Student at Georgian College (Owen Sound), AJ wasn't one to back away from a challenge. An accomplished swimmer, AJ will soon compete at the national level in the 2018 Special Olympics this summer in Antigonish, Nova Scotia. At the qualifying swim meet, she placed first in every event in which she participated.

When reflecting on other areas of her life that didn't always come so easily, AJ admits, "It is funny [to think of this] because of how much I've grown and how much I can do now." According to her, the communications courses she took this year were especially helpful in encouraging her to communicate with instructors and fellow students in a professional and authentic way. Previously she used to be limited to emailing presentations to educators and having restricted contact with others in a school setting. AJ's confidence and ability to calm herself has resulted in achievements such as presenting PowerPoints at the college level and acting as the current Student Ambassador for the Owen Sound CICE Program. "Now, I can't wait to meet new students and give tours. It just shows how far I've come, academically as well as personally. Before college, I wasn't able to speak publicly at all."

Perhaps the most notable thing about AJ is the contagious nature of her positivity. When responding to student or staff greetings in the hallway, she rarely describes

her day in the typical neutral way. Instead, AJ's immediate response is usually "I'm fantastic!" or "My day is completely awesome!"

Since AJ has come into my life, I realize she has taught me valuable lessons that will stay with me. Before leaving at the close of this semester, AJ tells me how she plans to continue moving forward and push past the kind of challenges that usually slow others down. She looks at me and, without thinking, says "I always tell myself I know I can do this. I can fight for this. I can do whatever I put my mind to". She then waves goodbye and exits toward the parking lot. It is I this time who can't help smiling, knowing she is right.

For a moment, I watch AJ through the glass doors until she reaches the bus stop. Below the flagpole, there is still a grey mound of melting snow. Although I start to think about what a long winter it has been for so many of us, I stop myself and chose to look at the garden instead. Green shoots of hosta are sprouting through the soil and there are tiny buds on the trees.





The Communication Strategy Committee held their Annual Community Living barbecue in Harrison Park May 30. Over 200 people came to celebrate Community Living month.

## Communication Strategy Committee Updates from the Spring of 2018

Submitted on behalf of the Communication Strategy Committee

On May 4, Community Living Owen Sound and District participated in a province-wide initiative called: "Shine-A-Light on Community Living."

Towns and cities across Ontario were a little brighter as

buildings and structures in communities across the province were illuminated in blue and green as part of the third annual Shine a Light on Community Living campaign. The nighttime spectacle, which included the lighting of the CN Tower, is one of many events that took place in support of Community Living Month that helped foster awareness around the importance of inclusion. Blue and green lights were seen at the Harry Lumley Bayshore Community Center, the Toronto sign in Nathan Phillips Square and Fort Erie's Peace Bridge, as will many municipal

offices, banks, and restaurants across Ontario in support of Community Living.

On May 30, we held our Annual Community Living barbecue. This year we returned to Harrison Park for burgers, veggie burgers,

the students at OSDSS and helped plant the seeds for a follow up workshop in September to identify ways that students can champion ensuring that their communities are inclusive and are safe, positive, welcoming places

that everyone takes pride in and feels good about. For more information about the

ReAction4Inclusion movement, check out their website: [reaction4inclusion.com](http://reaction4inclusion.com)

On May 17, committee members represented Community Living Owen Sound and District at the One World Festival in Owen Sound. The theme of this year's festival was: "Learning Together." People were at our booth handing out "Inclusion Rocks" bracelets and discussing why inclusion is important and sharing stories and resources with children, educators and community members. This helped facilitate conversations about valuing diversity and learning about each other.

hot dogs, chips, cake, drinks and lots of good cheer. We were pleased to welcome the more than 200 people who joined us. The weather was beautiful as people from Port Elgin, Southampton, Owen Sound and in between came together to celebrate Community Living month.

On June 15, we partnered with Mr Foulds and two of his classes at OSDSS in Owen Sound to host a workshop put on by Emily Branje and Linda Taylor from ReAction4Inclusion. The workshop focussed on visioning what the school community looks like to

### Towns and cities across Ontario were a little brighter...

## Ontario Special Needs Roadmap for School

From the desks of the Family Support Team

As copied from [www.specialneedsroadmaps.ca](http://www.specialneedsroadmaps.ca)

It's a new language and it's confusing. Parents want to know: What are our child's rights? How do I deal with the school? How do we get services?

We are two Moms with special needs children who wanted to share with parents what we've learned.

With over a year and a half of research we have put together this new interactive school roadmap to help parents navigate the system, explaining what the different processes mean and what they mean for your child.

Our roadmap is your GPS to navigate the education system in Ontario for all special needs children.

Ontario Special Needs Roadmap for School.

In 2012 we launched our "Ottawa Autism Roadmap" for families of preschool aged children to guide them through pre and post diagnosis. At that time we promised a similar school roadmap.

Today, after about 18 months of research, we are pleased to announce its long awaited release. The inspiration to create the school roadmap came from our own children and from talking to hundreds of parents in our community, online and at support groups.

The same themes kept cropping up:

- What is an IPRC? PPM140? SERT? SEAC?
- When do we get our IEP?
- What are our rights?
- How do I deal with the school?
- How do we get services?

We started researching and attending seminars to educate ourselves and we quickly understood why there were so many questions. There is simply too much to know!

You could be reading for years just to understand how educational law works in Ontario. Parents of children with special needs just do not have the time to find,

analyze and understand what it all means! Well parents, we did the reading for you and condensed everything down into an easy to read four page roadmap with clickable links. To download the road map visit [www.specialneedsroadmaps.ca/download-roadmap](http://www.specialneedsroadmaps.ca/download-roadmap).

We hope you will find it useful! Keep it on your laptop or tablet, or print it out and bring it to meetings with you. Use it for planning!

Happy Advocating! We're right there with you!

The Moms at Special Needs Roadmaps

## 2018 Annual General Meeting

The Annual General Meeting was held at the Community Living Owen Sound and District main office on June 20th, 2018. There were 18 staff service awards given from 30 years of service to five years of service with Community Living Owen Sound and District. Isaac Jawellewski received the Community Living Bursary to pursue Post-Secondary Education, Community Integration through Cooperative Education program (CICE) offered by

Owen Sound Georgian College. The Community Living Bursary is made possible with a \$5,000 grant from Kathryn Hopson & Timothy D. Mayer Charitable Foundation. Athena Wolfe was awarded the J. Irvine Brown DSW Award of \$500 to pursue her Post-Secondary Education, Developmental Service Worker field at Fanshawe College in London. Daniel Emerson was awarded the Christine Elliott/Jim Flaherty RDSP Bursary of \$500.

## Retiring Director, Ron Fenwick

Ron Fenwick, who served for the maximum of eight years on the Board of Directors is retiring. Ron was active, committed and involved at the board meetings. He really enjoyed meeting and getting to know new and old board members who have now become his friends. He will be missed!



## Celebrating You!

An All Inclusive Day at Beautiful Cobble Beach

Saturday, November 10th

Register with payment by **September 30th, ONLY \$35!**  
**After October 1st — \$50.** Registration closes October 25th  
 (Space is limited — Please register with payment early)

**For more information or a registration form please contact:**  
**Lori Moore: 519. 370. 0866 x 108 • lmoore@comlivos.on.ca**  
**Tammy Cameron: 519. 370. 0866 x 114 • tcameron@comlivos.on.ca**

This event will begin at 10 a.m. and end at 8 p.m.  
 Shuttle transportation may be available.

*\*We define parents to include women who are a bio mom, a foster mom, a kinship mom, a view to adopt mom, and a grandmother who has care of grandchildren in her home. Please note that anyone that has previously attended a Community Living 'Mom's Get Away Weekend' in the past 20 years may also register for this event.*

**We invite** all women who are parenting\* a daughter or son who receives services or supports from Community Living Owen Sound to an all inclusive day of women to women networking, information sharing, crafting workshops, two meals, a spa credit (valued at \$90) and time for relaxation and rejuvenation.

This event is sponsored by:





# Community Living and Mental Health

*Submitted by Jackie Ralph*

Thank you to Perspectives for the opportunity to provide this shout out to Community Living for their position in making Mental Health Awareness and Training for their staff and the individuals and families they support.

There have been many ways that Community Living has partnered with Canadian Mental Health Association — Grey Bruce in raising awareness and knowledge.

We have had the opportunities to talk to parent groups within children's services. This has been a wonderful chance to speak face to face about the resources available in the community.

When you are in these roles, it can be easy to forget that as staff we have access to information and new resources and new knowledge but the general community does not.

And we get complacent in our role thinking, but there are many pamphlets and posters spread through the community, and there are many commercials, and we post all the information on our social media feeds.

But through face-to-face contact we are recognizing that is an assumption we are making so we are working diligently to create more face-to-face interactions to spread this knowledge.

In addition, Community Living has provided safe spaces to talk about mental health and the risks of suicide within the

individuals they support.

A few years ago, Community Living Owen Sound and District arranged two SafeTALK trainings for those involved in the self-advocate committees.

These two sessions were invaluable in getting the conversations started in a safe, secure and supported environment.

It is ALWAYS ideal when we teach mental health and suicide awareness literacy that all the players involved learn the same steps, language and guidelines.

This goes a long way in helping to reassure the individuals that their support staff are able, available and accessible for these types of conversations.

And it reminds the staff that they can ask the important questions and gives them the confidence to make the ask as well.

It also gives support staff the reassurance that they don't have to solve all the problems themselves and that there is support for them as well.

Finally, Community Living Owen Sound and District also provided multiple opportunities to take Mental Health First Aid. This two day training gives a glimpse into the difference mental illnesses — what are some of the more common symptoms, what are situations that can make a person more

at risk for these illnesses and what are the crisis situations that may require a more urgent response. We get the chance to spend time increasing our literacy around mental health, mental health problems, and mental illness and how using the right language can increase the chances a person will reach out and seek help. We also got to brainstorm what we could say or do in situations that are concerning to us and where is our local help. We learned how any change we see in an individual is an opportunity to have a conversation with them. At this time, there is not a

brag about our local Community Living and the conversations they are having on the subject of mental health. I know these continued conversations and our collective voice to our local, provincial and federal governments are what is going to be the push to see needed change in supports for ALL individuals. We know people are more likely to reach out to services if it meets their specific needs at the right time and in the right places in safe, supportive environments. And it's through brainstorming and imagining and collective conversations about these services that help bring about those changes. If you are looking for more information about what is available in our community, please

call 211 or go online to [informationbrucegrey.ca](http://informationbrucegrey.ca). Much like 911 connects us to emergency services, and 411 can provide a phone number, 211 is our link to information and services in our community — municipal and social services as well as events and in the case of emergencies, where to get help and where to give it.

Our local mental health teams offer face-to-face counselling, assessment, and case management in Owen Sound, Markdale, Hanover, Kincardine, Southampton and Wiarton as well as weekly drop in counselling in Owen Sound, Meaford and Hanover. You can reach them at 1-877-888-5855. The Mental Health Crisis Line of Grey Bruce offers a warm, trained, non-judgmental listener 24 hours a day, 7 days a week at 1-877-470-5200 with access to additional support if an individual requires crisis care. Victim Services are available to provide assistance in moments of traumatic events, following a crime or act of violence or during times of sudden loss, accessed through their 24/7 crisis line at 1-866-376-9852.

In closing, the best advice I can give is the advice that was given to me. Be kind to each other. But also be kind to yourself. We may not have it all together, but together we have it all.

*Jackie Ralph, Education and Awareness, Canadian Mental Health Association – 519-371-3642 – [jralph@cmhagb.org](mailto:jralph@cmhagb.org)*

I was so inspired by the compassion and the dedication and the wish to help that was present in... two days of trainings.

specific Mental Health First Aid for people who interact with individuals with developmental disabilities and dual a diagnosis. But looking towards the future, I firmly believe that taking the training also helps us imagine what more customized and specialized services and training might look like. And it's conversations like these that also spur us into action to advocate for more of these services. I was so inspired by the compassion and the dedication and the wish to help that was present in each of those very full, very long two days of trainings.

Each of these talks and trainings also provide us the opportunity to remind ourselves

## Brianne Gardhouse Memorial Youth Fund Walk/Run

*On behalf of Joe Cooper, Chris Jackson, and Roger Forget*

It was a sunny and hot Saturday, May 26, 2018. We went for a drive to Chesley and participated in the Chesley Community Classic. The run/walk was organized to raise money for Brianne Gardhouse and the Memorial Youth Fund.

We walked 1 km but we had to wait for the 5 km and 10 km race to finish. They announced each runner individually as they crossed the finish line.

We registered and received a number that was pinned to the front of our shirt. We then walked the 1 km and

when we crossed the finish line everyone was hooting, clapping and cheering us on.

What a feeling everyone celebrating that we had finished the 1 km walk even if we were the last to finish

Then we enjoyed some water, fruit and snacks. We received a purple bag and

purple wrist bands. Two fellow participants donated a couple purple T-shirts to those of us who did not get purple bags.

Although it was tiring it was also exhilarating. We all enjoyed being a part of something that had taken a lot of planning. It sure takes

a lot of people with the same goal to make it happen. We are thankful to have been a part of this event.

We would like to thank Chesley Rotarians, all the amazing volunteers and the helpers who helped out that day and of course the sponsors of this event.

### PERSPECTIVES PURPOSE:

*Perspectives promotes acceptance of people with different abilities in our community. We celebrate successes and embrace new ideas, approaches and opportunities.*

**Editorial Team:** Cathy Foster, Victoria Kirkconnell, Lorraine St. Germain, Erica Rooney, Tammy Robertson, Heather Thomson

**Photographer:** Charles Cottrell **Executive Director:** Rick Hill

*We encourage readers to use the newsletter for new ideas, contacts, websites and resources. Perspectives welcomes comments, contributions of articles or questions.*

[www.communitylivingowensound.ca](http://www.communitylivingowensound.ca)

*When you make a financial contribution to the Foundation for Community Living Owen Sound and District, you will make a difference in the lives of those you care about today and in the years to come. Consider making your donation today.*

*For more information and/or to make a donation, please contact the Foundation of Community Living Owen Sound and District at 519-371-9251.*



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*Association Membership applications are available from our office.*