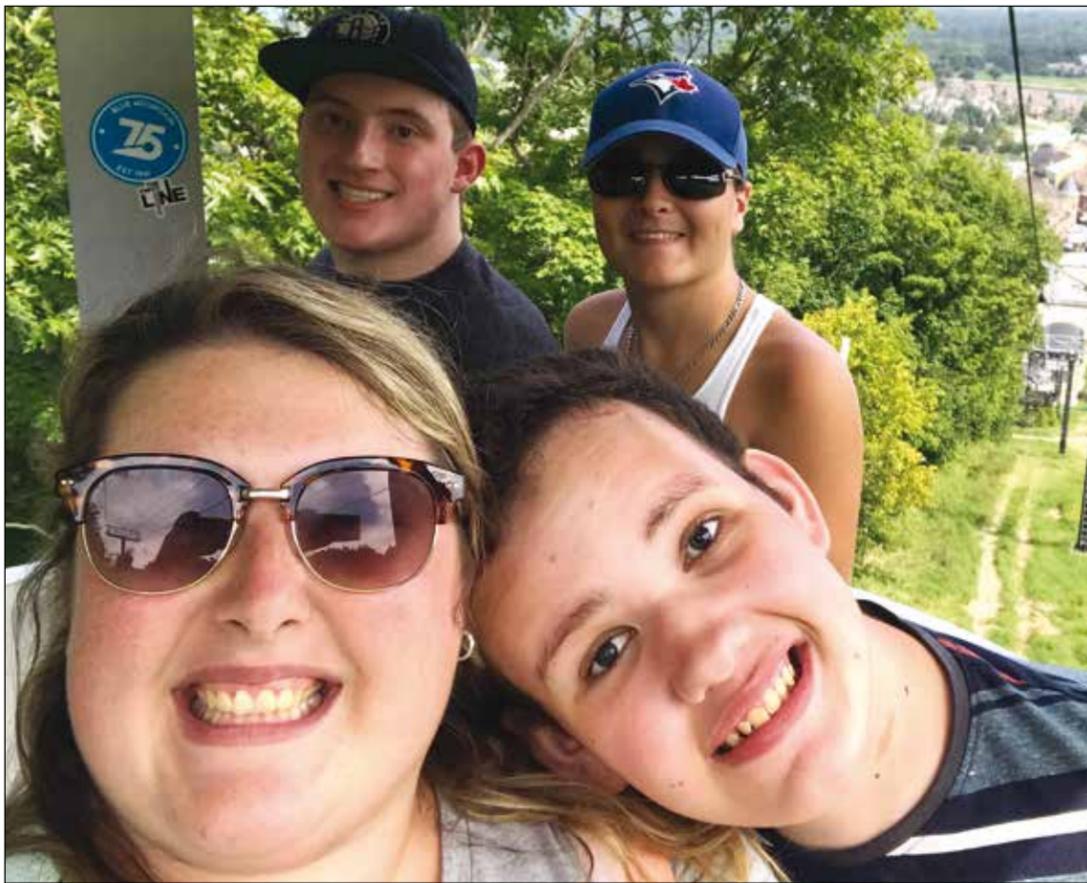


# COMMUNITY LIVING Owen Sound and District Perspectives



## Teen Connect a Success in 2018

Submitted by

Sandra McManaman

Teen Connect 2018 proved to be another successful summer for many teens in the Owen Sound area. We had a group of teens join us from ages 13-21

for a summer full of activities. They took part in many activities such as art, swimming, hiking, food creations, and science experiments. They visited many locations throughout Bruce and Grey

such as Glass in Motion, Sauble Beach, Harrison Park, Grey Roots Museum, Blue Mountain, Fairy Lake, the Keady Market, plus others.

Thank you to all those that made 2018 a fun-filled summer!

## Random Acts of Kindness

Submitted by

Barbara Boldt-MacPherson

Some of you may be aware of the Communication Strategy Committee. If not, it is a committee that promotes inclusion in our community and surrounding communities. We asked for feedback from everyone for ideas of things we could do as Random Acts of Kindness. One suggestion that came in was to donate food, treats and toys to animals at the shelter. Our committee did this for the month of September.

A few of the things that we have been participating in with our Random Acts of Kindness include anything from holding

a door open for a stranger, spirit day, a barbecue, lighting up various spots in Owen Sound in our green and blue colours, handing out cookies, participating in movie night at Harrison Park to collecting pet food and toys for the local pet shelter. This list is not exhaustive as there are a lot more things happening.

In September, Roger, Chris and I decorated some boxes and dropped them off at various locations: 4th Avenue, Children's Services and Support Pool. Marsha took care of setting up a box at 2nd Avenue and the Port Elgin office.

Chris and I picked up the boxes on September 28 and

took the donations to the Owen Sound Animal Shelter.

We had four boxes of goodies to drop off for pets at the shelter.

I would like to thank everyone who made donations and for your continued support of our many initiatives throughout the year. I would also like to thank all our committee members and the person who made the suggestion to donate to the shelter. It was a group effort — hats off to all of you.

I know many benefit from our numerous acts of kindness. Let's keep the circle of kindness going and continue to demonstrate inclusion by doing so.

## 'It's Just a Tremendous Place to Work'

Women devote 7 decades to Community Living Owen Sound and District

By Natalie Hamilton

Helen Kyle and Cindy Coultis have collectively committed nearly 70 years of service to Community Living Owen Sound and District.

Helen, accounting clerk, will mark her 35th milestone in February with the association that supports people who have an intellectual disability.

"It's just a tremendous place to work," Helen says.

Cindy, community support worker, celebrates her 35th milestone in October. She joined Community Living Owen Sound and District in 1984, when her role encompassed primarily supporting individuals in residential settings. Today, her approach is more holistic as she supports people in all

See 'I Think' on Page 3



## Makaylah Volunteers

Submitted by Cathy Irving

On May 2, Makaylah Irving, a grade 10 student at Owen Sound District Secondary School, volunteered at our local Owen Sound Westside McDonald's to support McHappy Day. Makaylah was there representing families and children in our area who have needed to access the supports of Grey Bruce Health Services Owen Sound Nursery and Ronald McDonald Children's Charities, both in London and Hamilton. She spent from 11:30 a.m. to 2:15 p.m. alongside other volunteers from the Grey Bruce Health Services Foundation office, local nurses from the hospital,

radio personnel and her educational assistant from school, Shelley McCallum. Makaylah was kindly welcomed by all the staff including the supervisor Holly and the owner Steve. They made her feel right at home and very included in all the activities of the day. During her time spent at McHappy Day, she busied herself by handing out stickers, buttons and balloons to any of the children who were at McDonald's. She also helped the staff by cleaning and wiping down the tables as people were finished. Makaylah took her jobs very seriously and greeted

See 'I Liked' on Page 3



## Community Living Partners with Owen Sound Art Walk

*Submitted by Brooke Ramsay*  
Back in June, a local artist was looking for people from the community to help him create murals that would be displayed around our downtown core. A flyer was dropped off at our 2nd Avenue location and participants were excited to be part of the opportunity. A group of six participants painted the background of two different murals, setting

the stage for the artist to paint local landmarks over top. The murals were featured in the Owen Sound Art Walk that took place on June 23. We initially proudly displayed our paintings in the window of our 2nd Avenue location, which caught the attention of someone that works nearby and it was later sold. Pictured are two of the individuals that helped create the murals.

## Dale Attends Elvis Festival

*Submitted by Fely Clarke*  
Meet Dale Baker, she is a fanatic fan of Elvis, and with assistance through her



Passport Funding she attended the Elvis Festival in Collingwood on July 27. She sang along with all the music that was played by a variety of Elvis performers. She danced wholeheartedly with the beat. During the soft, lovely, and romantic music she let her hands do graceful movements like a swaying hula. Dale harnessed the glorious Elvis Festival with an awesome style. Her face was full of smiles and happiness. Even the rain did not dampen her spirit, and as soon as it cleared up, she was out on the ground dancing as Elvis sang “You Ain’t Nothing But A Hound Dog.”

One of the Elvis performers came down from the stage and gave her the scarf that he was wearing and sang to her. Dale danced to his music like a dancing “Gold Dancers.” What a tremendous day for Dale. She owned the day with the utmost joy and glory.

This was such a lovely opportunity for Dale to be engaged with this community event, the Elvis Festival. It made her day even brighter. She was full of laughter and that smile on her face was priceless.

## Christmas Dinner and Dance

*Submitted by Lorraine St.Germain*  
The annual Community Living Owen Sound and District’s Christmas dinner and dance was another huge success. The Royal Canadian Legion Branch #6 and the Ladies Auxiliary have been preparing a delicious traditional Christmas dinner

with all the fixings for over 35 years for us. After the feast, DJ Chatty Jackie and her elf Penny started the tunes and from that moment on the dance floor was packed and everyone was having a blast!

Hopefully we will see you next year!

# Jordan’s Principle

*Resource passed along by Family Support*  
Please find below a resource that is in place to support First Nations children. The following was copied from the Government of Canada website. Go to [www.canada.ca/en/](http://www.canada.ca/en/) and search “Jordan’s Principle”.

**Jordan’s Principle**  
Jordan’s Principle makes sure all First Nations children can access the products, services and supports they need, when they need them. It can help with a wide range of health, social and educational needs.

Jordan’s Principle is named in memory of Jordan River Anderson. He was a young boy from Norway House Cree Nation in Manitoba.

From July 2016 to October 31, 2018, more than 171,000 requests were approved under Jordan’s Principle. These included:

- respite care

- speech therapy
- schooling supports
- medical equipment
- mental health services
- and more

### A Legal Rule

In 2016, the Canadian Human Rights Tribunal determined that our approach to services for First Nations children was discriminatory. One way we are addressing this is through a renewed approach to Jordan’s Principle.

Since the ruling, the Canadian Human Rights Tribunal has issued a number of follow-up orders about Jordan’s Principle. In May 2017, the Canadian Human Rights Tribunal ordered “substantive equality” under Jordan’s Principle for First Nations children. This means giving extra help when it is needed so First Nations children have an equal chance to thrive.

### What We are Doing

We are supporting children who need help right away and making

long-term changes for the future. For the long-term, we are working to build better structures and funding models. These will make sure First Nations children get the products, services and supports they need, when they need them. To do this, we are working closely with:

- provinces
- territories
- Indigenous partners
- service organizations

In the short-term, a fund of \$382.5 million has been set up. This pays for health, social and education products, services and supports that are needed right away. The fund will be available from 2016 to 2019.

Local service coordinators have been hired in communities across Canada. They can help families who:

- have questions about Jordan’s Principle
- would like to submit a request for products, services or supports under Jordan’s Principle

## Affordable Supportive Housing Project Ribbon Cutting Ceremony

*By Cathy Foster*

Community Living Owen Sound and District held the ribbon cutting ceremony for the Affordable Supportive Housing Project on Friday, December 14, 2018.

Community Living Owen Sound and District would like to thank the following for their support of the project: Craig Cooper, Program Supervisor, MCCSS, Anne Marie Shaw, Director of Housing County



of Grey, Bill Walker MPP, Minister of Consumer and Government Services, Mayor Ian Boddy, City of Owen Sound, Kim Burns, President

Foundation for Community Living Owen Sound, Graham Construction, Design and General Contractor and many sub contractors.

## Inspiring Possibilities Award

*Submitted by Fely Clarke*

Another successful year. The Inspiring Possibilities Award was given to chosen Grade 8 students on their graduation nights. This award was given to students who demonstrated leadership in their school and community. Students who have shown the following to his/her classmates: respect, honesty, empathy, competence, acceptance, appreciation. The chosen students, who also promote community and school inclusion, also see the worth of every person and advocate for all. Community Living Owen Sound and District — Inspiring Possibilities Award gave the students a \$25 monetary gift as well as a “keeper” 5” x 7” plaque for each student with their name, school name and school logo laser engraved on



the plaque. A self-advocate and one of the members of the Communication Strategy Committee attended and presented the award on their graduation day with pride and honour.

- Alexandra Elementary School, **Cameron Sebok**.
- Hillcrest Elementary School, **Anna Siekierzycki**
- Notre Dame Catholic School, **Tegan Thomas**

East Ridge Community School, **Patrick Graham** Southampton and Port Elgin schools:

- St. Joseph Catholic School, **Hayden Pilger**.
- G. C. Huston Public in Southampton, **Serena Trelford-Ladd**.
- Port Elgin-Saugeen Central, **Aurara Jacobi** Northport Elementary School, **Darragh Billings**.

# Pet Therapy with St. Johns Ambulance in Owen Sound

*Submitted by Alisha Bowles*

Happy and calm are a couple of the feelings people have when they get to cuddle up with one of the therapy dogs from St. Johns Ambulance therapy dog program. The benefits of visiting with a therapy dog are very positive, which explains why there is a high interest for therapy dog visits among individuals we support.

Due to the therapy dog program guidelines, they are unable to bring the dogs into individual's homes, and primarily only visit long-term care facilities and the hospice. So, on October 9, St. John's Ambulance opened their doors and held an open house all day for Community

Living participants to have an opportunity they have been anxiously waiting for — to see, pet, play with and cuddle up to therapy dogs.

St. John's Ambulance brought in two beautiful Newfoundland dogs, a Black Lab and an Australian Shepherd. All were accepted by every individual with excitement, love and joy. Every single individual that left after that visit couldn't help but smile and be in awe. Like Laurie Kornetz and Heather Thomson who really enjoyed getting to meet the gentle giants who may have provided a big kiss or two. Heather said, "That was really awesome this

afternoon seeing those dogs. I do not remember ever seeing Newfoundlands that close."

The open house was a big hit and St. Johns Ambulance hopes to hold another therapy dog meet and greet in the spring. If it is successful, they may consider-hosting a regular drop-in for Community Living participants who are eager to get their much needed puppy fix.



## 'I Liked Being Able to Be There to Help'

*Continued from front*

everyone with a friendly smile and a warm 'hello'.

Makaylah and her family have received ongoing support from Ronald McDonald Children's Charities over the past 16 years. Due to major medical issues that Makaylah was born with, she and her family have spent the majority of her life in and out of hospitals for numerous illnesses and surgeries, some of which have been life threatening. At birth, she was cared for by the wonderful nurses of the Grey Bruce Health Services nursery and a neonatal intensive care unit until she was able to be transferred to London Health Sciences Centre. Ronald McDonald houses in both

London and Hamilton then became their home away from home and have allowed her parents and her younger sister to be there with her for the duration of each of her stays, some of which have been up to 10 weeks at a time.

Makaylah was very excited to be able to participate in McHappy Day. She saw some familiar faces that were quite excited to see her there working and along the way, built some new friendships that will continue for years down the road. Makaylah is already looking forward to this day again next year and said that "maybe I will work there someday as a staff (member)." When asked what she enjoyed the most about being a part of McHappy Day,



she stated "Ronald McDonald houses always help me when I'm sick, so I liked being able to be there to help and do things to make it a happy day."

Many thanks to all who made this day possible for her and supported her to feel like she was truly included in her community.

## 'I Think What We Do Is Amazing'

*Continued from front*

aspects of their lives through the supported independent living program.

"I just wanted to help people," Cindy says about her career choice. "At the time, I wasn't sure how."

A posting in the local newspaper led her to Community Living Owen Sound and District.

The professionalism, camaraderie and sense of family has kept her there.

"We've kind of grown up together," says Cindy about herself and the people she supports.

As for the association, Cindy says she's "very fortunate to have a wonderful co-worker dynamic."

Helen agrees the culture of Community Living Owen Sound and District has played a large part in her decision to remain with the organization for three-and-a-half decades.

"It's a very rewarding place to work. It's a very progressive organization to work for," she adds, noting, Community Living Owen Sound and District has always been on the cutting edge in both the way it supports people and through its business practices.

One example of progress is how people used to live in institution-like group homes and now reside in typical neighbourhood homes.

Cindy has seen the opportunities for people who have an intellectual disability

to participate in numerous community activities blossom over the years. She has also witnessed a change of approach. "You focus on what can be done, not on what can't be done."

Community Living Owen Sound and District has made great strides in that direction, Helen agrees. "The success that we've had is amazing. I think what we do is amazing and it will just keep getting better."

Helen is retiring this year. She lives in the village of Tara and has three adult children. In her free time, she enjoys reading, swimming and being involved in her local church.

Cindy, who lives in Owen Sound, has a daughter and a son-in-law and enjoys travelling.



## Walking for Community

*Submitted by Maryanne Reid*

On Sunday, June 3, Dan Minard participated in the "Walk a Mile in Her Shoes" fundraiser in support of the Women's Centre Grey and Bruce. Dan and forty other men from the Owen Sound area donned red high heeled shoes and walked the perimeter of Harrison Park in an effort to end abuse and sexual violence towards women. When asked why he wanted to be involved, Dan replied, to "raise money." He states, "It was important." And he is right. Dan raised \$155 and already plans on beating that next year. Dan would like to encourage others to join him in the walk next summer because "they would do a good job." According to Dan, the route "was easy. I knew I'd pull it off." If you

don't want to wait until next year and are super motivated like Dan, you can join him in his new goal, to be involved in three community fundraisers this year.

Dan's second event was the WALK-IT for Parkinson's 5km at the Bayshore Community Centre on September 9. Dan worked even harder this time and found new and inventive ways to raise funds. He went to three Community Living Owen Sound and District spaces to get people energized and excited about helping others. Dan raised \$185 this time, with the help of you, participants, staff, and friends. Dan's favourite parts were meeting a lot of nice people. He says it feels like "they all know ya," and of course the pizza lunch at the end!

## YMCA Day Camp Volunteer

*Submitted by Chris Henry and Jodi Klerks*

Chris Henry volunteered with the YMCA day camp last summer. He helped out with different groups each week with children from the ages of 4 to 12 years old. Chris grew up helping his mom with her daycare so he was a natural in this role.

The children got to know Chris well and were excited to see him each week. His knowledge of Star Wars was very useful as the children would ask him about different Star Wars Lego pieces during indoor play. Chris said his favourite part of volunteering with the camp was being able to help children. He was very attentive and always the first one to step up if a child had gotten hurt or needed help in any way. Chris



also mentioned that he was grateful for the opportunity he had being at the camp and getting to see another side of the YMCA besides working out in the fitness facility. Everyone at the YMCA day camp appreciated having Chris there, had such wonderful things to say about him, and some gave him the nickname "the cool guy". Chris hopes to return to the summer camp next year.



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## Sweet Treats to Share

*Submitted by Cathy Foster*  
Ben loves to visit with the people in his life. He enjoys interacting with others and sharing the important things in his life, including his baked goods! That was the idea behind the monthly activity that Ben participates in with his assistant baker, Scott.

Once per month Ben and Scott make their way to the kitchen at the main office where

they bake a special recipe. When the baking is done, Ben takes turns sharing his sweets with the different office locations at Community Living. It is very difficult to refuse the lovely treats that Ben offers!

Ben brings smiles to those around him when he shares the baking he has worked so hard to create.

Thanks for your hard work, Ben!

## Happy Retirement, Sue!

*Submitted by Kim Mccorkindale*  
After nine years as a hardworking and dedicated employee at Staples, Sue Corbett retired in July.

Sue thoroughly enjoyed coming to work on Thursdays to put merchandise away and assist customers. General Manager Syd Austin said that Sue was a highly respected member of the Staples family who's efforts over the

past nine years have been greatly appreciated.

After much consideration, Sue decided she would like to retire so she could explore new opportunities within the community. She wanted to participate in different activities and develop new friendships.

On July 10 — her last day on the job — Sue went to work and was surprised to find out that there was a retirement party and she was the guest of honour! It was wonderful to see her celebrated by her general manager, fellow coworkers and parents. Sue was delighted to receive a beautiful bouquet of flowers, many thoughtful gifts, and she enjoyed all the delicious food. A special thanks to Sylvia who organized the wonderful party.

When asked that afternoon how she felt about her retirement, Sue smiled and responded, "I feel happy!"

We all wish you the very best, Sue! Enjoy your much deserved retirement.



# Moms: "Celebrating You"

*Submitted by Tammy Cameron*  
The Spa at Cobble Beach was the beautiful venue for last year's getaway event "Celebrating You" held on November 10. The day was organized for women parenting a son or daughter with special needs. The event was generously sponsored by the board of directors at Community Living Owen Sound and District.

33 women participated in a full day of networking and information sharing. The day started off with driving in the first snowfall of the year but the skies cleared and the sun shone brightly. The vista overlooking the bay from the pavilion was gorgeous and provided us with a large welcoming space to enjoy all to ourselves for the entire day. Each participant had the opportunity to create their personalized wooden "Welcome" sign for their home, as well as glass etching and essential oil bracelet making.

During these activities there was ample opportunity for the ladies to get to know one another and network as much or as little as they wanted. Some quiet activities were available for those who wanted to relax

The feedback from the event has been extremely positive with many women commenting on the lovely venue and gorgeous views and how nice it was to have a meal prepared and served



with a hot beverage and have some down time. We were served two delicious meals at the Sweetwater Restaurant in the main building and there was some excitement at lunch when a coyote crossed the field outside the restaurant.

just for them. Everyone commented on the new friendships made and the enjoyment of all the crafting and positive interactions. Thank you to all the women who participated for making the day so successful!

## Valentines Cards for Veterans

*Submitted by Cathy Foster*  
During the month of November, the Communication Strategy Committee encouraged people to participate in Valentines for Vets. The committee provided all the supplies necessary to create valentines, and distributed the materials

to all of our locations. People were asked and encouraged to use the supplies to make Valentines for Veterans that will be distributed during the month of February. The response to the Random Acts of Kindness event has been wonderful and many valentines were created. They

will surely bring a smile to the people who receive them.



## The Janice Bye Memorial Fund

*Submitted by the Family Support Desk*  
The Janice Bye Memorial Fund was created in 2016 by Janice's family with the aim of carrying on her good work, supporting and caring for her community. The fund is a legacy which recognizes and memorializes the life and work of this woman who touched the lives of many. Janice worked with a vast array of young people who

benefitted on a day-to-day basis from her expertise as a physiotherapist at Closing the Gap Healthcare.

The Janice Bye Memorial fund will support graduating high school students with "occupational, physical and speech language therapy services and/or associated equipment that will help facilitate the student's integration and including, increasing productivity

and boosting confidence in their post-secondary educational institution or chosen workplace."

The recipients will be selected by June of each year with the assistance of Janice's employer, Closing the Gap Healthcare.

*For more information, e-mail: wendy.bachiu@cfgb.ca, fax: 519-470-4744 or mail: Community Foundation Grey Bruce, Box 81, Owen Sound, Ontario, N4K 5P1.*

### 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:

Erica Rooney, Lorraine St.Germain, Cathy Foster, Vicki Reevey, Melissa MacArthur and Tammy Robertson, Heather Thomson

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*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.*

**Foundation for Community Living**  
Owen Sound and District

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