

COMMUNITY LIVING  
Owen Sound and District

# Perspectives



Back from left: Roger Forget, Betty Anderson, Chris Jackson. Front from left: Shawn Wiley, Joseph Cooper.

## Best Wishes, Betty!

Even with a picture that paints 1,000 words, one would not be able to capture the amazing career and legacy of Betty Anderson.

In her humility, she was surprised that we wanted to ask her questions and get the facts and all the rest about her career with Community Living Owen Sound and District.

We are happy for Betty Anderson who retired June 28, 2019. Betty had an incredible career with Community Living Owen Sound and District.

Betty says she would have been here 12 years this October and two years as CPT. Prior to this, she worked 12 years at ARC Industries and Life Skills at 4th Avenue.

One can tell by listening to Betty, "(There have) been so many fun and funny things that have happened it is difficult to pick one amazing moment... In particular spending time with the individuals and seeing them progress has been deeply rewarding."

Betty spoke of, "(how) we are all human beings and how vital it is to look at what people's gifts and abilities are... Treat others how you want to be treated... Love, respect and acceptance goes a long way."

Betty continues, "It has been a great experience, I have enjoyed it. It is wonderful to have worked with so many individuals and coworkers. To be at the end of your career and have 'no regrets' is a wonderful way to retire."

Betty has always been a life-long learner and says she has learned so much from the gentlemen she has worked with spanning her career.

She is planning on spending time with her family and especially her two grandsons, Silas and Clinton.

We are all happy for Betty and we have asked her to visit with us. Life races away on all of us. It's incredible to see a woman want to travel, volunteer, and be with her family and take action to make it happen. Even with a busy life of her own, she has made her time flexible to help staff and the men's schedules work most efficiently. We all know Betty will not stay idle and will continue to share her gifts with our community.

There were happy tears shed while writing this article.

As one of her coworkers, Marion Pegg, says, "I have never heard anyone speak an unkind word about Betty.

She always is calm and knows how to work through things."

We do not believe there is enough paper to express all of Betty's qualities, but we want to mention a few. She is a strong advocate for individuals' needs from anything to a renovation, training or teaching new staff, a whiz at financial accountability and demystifying that process, and she is relentless at asking and asking and never giving up when it comes to anything that will improve the lives of the gentleman at 630 6th Avenue. She stays positive, encouraging and is awesome at problem solving any issues. We will all miss her deeply.

She has a way of calming staff and individuals in the midst of a storm. Betty is always uplifting and focusing on what can be done. She is a very patient and understanding person. When the gentleman see her they have a sense of calm come over them, and fellow coworkers do also.

We cannot say "good-bye," but we can say "thank-you," we will see you again. Thank-you for all the memories and your ability to do your job with such grace, class and ease.

With best wishes, Joe, Chris, Roger, Shawn and staff.

## Celebrating 30 Years

Submitted by Doug Harnack and Cathy Foster

Since 1989 Doug Harnack has been an employee with The Sun Times. Doug thoroughly enjoys his work and looks forward to it every day.

He is very dedicated to his work and can be counted on to pay attention to details and complete his tasks very well. Each day, Doug puts the flyers together, deals with the mail and the recycling and checks in with his coworkers. In the winter he also clears the sidewalk to make sure people can walk safely by. When asked what his favourite task was, Doug replied that he enjoys all of them.

Through the years Doug has met many people in his work at The Sun Times. He enjoys staying in contact with people



when he can and talking with them when he passes them out in the community.

Doug would like to continue to work at The Sun Times for as long as he is able to. He said that his best memory is being honoured for his 30 years of work.

Congratulations on 30 years of great service Doug. Wishing you more years ahead doing the things that you love!

## David Celebrates a Milestone at Work

Submitted by David Hummel and Cathy Foster

David Hummel has been a loyal employee of Bruce Grey Child and Family Services for many years. Recently he was honoured with an award to celebrate 15 years of employment with the agency.

When David first started working for Bruce Grey Child and Family Services, he worked at all three office locations that they had. Now, he works at their building on 2nd Avenue East.

Each day David walks to and from work. He works Monday to Thursday from 1 p.m. to 4 p.m. David does his work completely on his own, but there is someone he can check in with at the agency if he has questions or needs some help.

On a daily basis, David can be found loading the



dishwasher and performing other cleaning jobs such as wiping off door knobs, windows and stair railings. Sometimes he has other tasks that he is asked to do as well.

David enjoys all aspects of his job and feels he has really

See 'Coworkers' on Page 3



## Highway Spring Clean Up

Submitted by Fely Clarke

With lots of awesome helping hands from Community Living Owen Sound and District staff and our very dedicated self-advocates, our Spring Highway Clean Up was a successful one indeed. We picked up litter from 9th Avenue East in front of the Superior Court all the way to 8th Street East in front of Grey Bruce Health Services. Everybody pitched in whole heartedly and we were so proud to see these streets were

litter free for a brief moment.

As we gathered back at our main office for a social gathering and to share what we observed in our community, we all enjoyed some pizza. Everybody was safe and sound with smiles on their faces knowing what an awesome job we had accomplished... well done. We are looking forward to our Autumn Highway Clean Up and hoping for gorgeous weather and many more helping hands.



## J. Irvine Brown Award

To recognize and encourage excellence in the field of developmental services, this award was established in the name of long-serving member, director and president of the association, the late J. Irvine Brown. Mr. Brown was a strong advocate of post-secondary education for employees of Community Living.

• **Morghan Gallinger** of Owen Sound District Secondary School will be attending

Georgian College Orillia, DSW Program

• **Terri-Lynne Thede** of Saugeen District Secondary School will be attending Fanshawe College, DSW Program

• **Brooke Kobe** of Saugeen District Secondary School will be attending Fanshawe College, DSW Program

• **Nicole Burrows** of Saugeen District Secondary School will be attending Wilfrid Laurier University, Youth and Children Program.

## Doors Open, Paint Brushes Ready!



Submitted by Brooke Ramsay

During our spring session, we had a craft group that teamed up with a local artist to paint a door that was displayed at the Artist's co-op for the 17th Annual Doors Open event. This event allows people of the community to tour gardens, museums, and local mansions and explore the heritage of our community. The group had a great time painting on a beautiful afternoon and experimenting with mixing colours to create our masterpiece.

# AJ Brand Graduates College

By AJ Brand

I thought that college life would just be like high school — boy! I was so wrong. At the Georgian College Owen Sound campus, it was way better. I enrolled in the Community Integration through Cooperative Education program which is also known as CICE. This program is designed for students with special needs to give them a chance to further their education. At college, I was treated like a real adult and encouraged to work as independently as I could. My usual day started at 8 a.m. then transitioned to the next class one after the other. It was a very fruitful two years of college with lots of challenges and growth. Social life: I met lots of staff and students all over the campus. Being involved in these events made me feel welcome, connected and involved. It truly made me aware of college life in the campus.

I enjoyed the free lunches. They were free to make sure that all students have sufficient and nutritious foods to eat especially those who are struggling financially or just want somebody to sit with to eat. These lunches connected me on the most personal level

with some of the students who accessed the service.



The co-op placement experiences taught me more about myself. The Indigenous Centre made me aware of the rich cultures of First Nations people like cleansing or smudging. Planning Parties as my co-op placement gave me the opportunity to learn how to plan parties such as Halloween, Valentine's, Easter, and movies. With the use of a computer, I made invitations and decorations. I was also part of the welcoming party to greet and welcome everybody to the party.

In my Library co-op placement, I typed in all the book titles, corresponding numbers, and barcodes. I faced the books in the shelves, cleaned and disinfected toys, wiped down shelves, desks, tables, work areas, and laptops.

At Student Services, I greeted

and assisted students at home work room. I also jotted down their student identification numbers and the subject that they needed help with. I gathered the mail and delivered it to the student service desks.

The YMCA Special Olympic Swimming co-op placement was precious to me. I made sure — safety first — that all young participants were wearing their flotation belts. I swam with them to do their lengths accordingly. We also used the leisure pool for more interactive activity.

College life at Georgian College Owen Sound campus enriched my social, communication, typing, verbal, computer and creative skills. The challenges that I encountered, especially the prolonged strike, taught me time management skills. I discovered and learned to use my time wisely doing all the necessary assignments, projects and other extra tasks.

The college graduation was tremendously attended by my family and loved ones in Barrie. I was proud of myself for accomplishing two years of college with my CICE certificate. I am thankful and grateful for the experiences and all the staff that helped me to succeed.

## St. Mary's Students Compete for Local Charities

St. Mary's High School students were involved in a competition representing charities in our community. Zoe LeBlanc and her team's presentation on Community Living's role in the community beat out four other teams for the grand prize of \$5,000 in a Dragon's Den-style competition known as the Youth Philanthropy Project. The funds will go to the organization to be used for the many services it provides.

For LeBlanc, the win was extra special as part of their pitch to the panel of judges included a video detailing how Community Living has been there to help her now 13-year-old sister grow up and achieve



so much already in her young life.

The Grade 10 Religion students took part in the project which saw them visit local organizations, learn about them and complete a presentation. The top groups were then chosen to present in a finale in front of their peers. Among the other organizations the finalists did presentations on the Canadian Mental Health Association Grey Bruce, Keystone Child, Youth and

Family Services, Safe 'N Sound Grey Bruce and the Arden Language Centre.

St. Mary's acting vice-principal Mike Kirby said the underlying goal of the project was to get the students out into the community and learning about local service organizations, which it ultimately achieved.

Article paraphrased from Rob Gowan/The Owen Sound Sun Times, May 29, 2019.



**SAVE THE DATE!**  
**Thursday, December 12, 2019**  
**Community Living Owen Sound and District**  
**Christmas Dinner and Dance.**  
**Tickets on Sale November 1.**



## Salvation Army Food Bank

The Salvation Army food bank was in the middle of changing locations but still made the time to meet with the Sound Advocates to happily accept

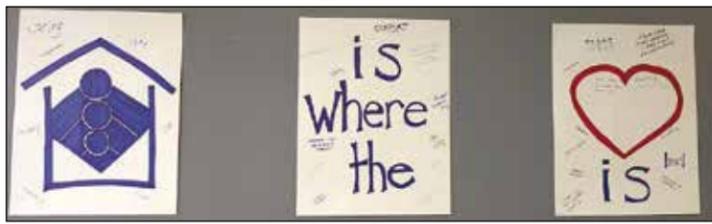
their donation. The Sound Advocates were impressed with how successful this food drive was and enjoyed the extra fun of the challenge. A

big thank-you to the Walkerton Action Committee for the challenge and to everyone who donated an item to help make a difference in our community.

## Infant and Child Development Day

Submitted by Stephanie McGregor

Infant and Child Development Day — June 18 — has become an annual celebration of Infant and Child Development Programs across the province. The Infant and Child Development Services provide a range of early interventions to support families with children who are at risk for delays in their development. There are 50 programs in the province funded by the Ministry of Children, Community and Social Services. In Grey and Bruce counties, Infant and Child Development Services are delivered primarily through home visiting.



This year, the theme of ‘Home is Where the Heart Is’ was chosen to highlight the important work being done in the homes of the families we support. Often translated to “Family is Where the Heart Is”, the original proverb suggests that where there is love and acceptance, there is also your home. Your home is wherever or whatever place you long to be — a place where there is no judgment, only solace.

Families and professionals were invited to share photos and words to describe what “home” means to them. They shared that home is a welcoming place of love and comfort, and how it is appreciated that supports are meeting their children in a safe and accepting space. We are truly thankful that families choose to welcome us into their circle of support to share this beautiful journey with them.

## ‘We Do Not Judge in Our Home’

Submitted by Lisa Weidner, the very proud Mom of Marrick, a wonderfully amazing boy who happens to have Down syndrome. We moved into my family home before Marrick celebrated his first birthday and shortly after my Dad was diagnosed with Alzheimer’s. Marrick, who was born with Down syndrome, was the light of his Poppa’s days as we all made major adjustments to this strange new life. Living with one member with mental health issues and slow deterioration is tough, but add in a very young child with a special need, the stress at times was immense. But growing up in our home the door was always open to

any and all in need of a good meal, a listening ear, a smile and a hug. My parents may not have understood inclusivity as we see it today, they just knew there were people out there that might need a hand. Since Marrick moved into that house this open door policy has grown to include many support people and therapists. I hope that each and every one of them felt the love as they entered through our door. Our home is our haven and one of the few places Marrick, as well as his Dad and I can simply BE. I often breathe a sigh of relief when I finally walk through that door at the end of the day. It has been a place of healing after surgery, the sight

of joy at new accomplishments, the place we have all cried over things that might never be but has also been the place of great laughter as Marrick continues every day to show us what a true entertainer he is. Home for us is, and will continue to be, where champions are made, loved and nurtured. Where dreams are had and plans to conquer the world outside are made. Our home is always inclusive of any who choose to enter, with a smile given, an ear lent and a shoulder to cry on. We do not judge in our home by race, creed, colour, gender or ability but simply by heart and deed. Our home is love!

## Coworkers, Events Make Work Fun for David

Continued from front nice people to work with. He also likes that sometimes there are events that celebrate retirements and other happy occasions, which means he gets to share

snacks with his coworkers. In his spare time, David enjoys listening to his old records at home and also playing on his Sega Game System. During the summer, he likes to camp with his family

and just enjoy time relaxing. David plans to continue working at Bruce Grey Child and Family Services as long as he is able. Congratulations on 15 years of employment David!

## Calling All Advocates!

The Sound Advocates are a group of self-advocates who want to make a difference in our community. We started this committee in approximately 2008. We wanted to promote equal rights and awareness that we matter and that we come with amazing qualities. We meet every other Wednesday from 3 p.m. to 4 p.m. at the 4th Avenue Community Living office. We welcome any advocate associated with

Community Living to join us where we meet and discuss community news, coming events and work on ways to incorporate our mission, vision and values which is: “To speak for others who cannot speak for themselves, to help make a stronger and more inclusive community.”

For more information, please feel free to email us at [owensoundadvocates@outlook.com](mailto:owensoundadvocates@outlook.com)



## Inspiring Possibilities Award

Submitted by Fely Clarke 2019 marks another year of presenting our Inspiring Possibilities Awards. This award is presented to Grade 8 students who demonstrate leadership in the school community, show respect, honesty, competency, appreciation, inclusion; who see the worth in every person and who advocate for all. Each recipient was presented with an award and a cheque to recognize their outstanding contributions. Our newest additions are:

- Timothy Christian School: **Ella Cameron**
- Alexandra Elementary

Community School: **Daniel Liscio**

- Hillcrest Elementary School: **Isla Adams**
- East Ridge Community School: **Kai Bryja**
- Notre Dame Catholic School: **Rebecca Schmitke**

The award was also presented to four schools in Port Elgin and Southampton. The recipients were:

- Northport: **Kayla Atkinson**
- Saugeen Central: **Tatum Andrew**
- St. Joe’s: **Mikaylah Bobbish**
- GC Huston: **Griffen Burke**.

Congratulations to all our award winners!

## COMMUNITY LIVING BURSARY

This Bursary is a meaningful level of funding for residents of Bruce and Grey Counties who have a developmental or intellectual disability to pursue Post-Secondary Education.

## Congratulations!

Shawna Schank will be attending Georgian College in Owen Sound



From left: Suzanne Smith and Shawna Schank.





## Inspiring Possibilities for 65 Years!

1954-2019. Committed to assist people with developmental needs to live, work and participate fully in the community as valued partners.

## Travel Back in Time to Pioneer Days

Submitted by Courtney Lyons and Melissa MacArthur

Courtney has a real interest in learning and reading as much about the pioneer way of life as she can.

With Courtney's passport funding, not only has she been able to visit local museums like Grey Roots but she recently had an opportunity to visit the Black Creek Pioneer Village in Toronto, Ontario.

"I liked being able to talk to the pioneer people and learn how to print a picture with an ink roller," says Courtney. "The costumes were really good."

While there, Courtney was able to be interactive and ask questions about their way of life in the local area, including the first ever Half Way House Inn (hotel) from Scarborough, Ontario.

"It was really neat to see the doctor's house and all the tools they used to use."



Courtney, along with her team of staff and family, were able to plan this fun trip based on her interest, and were able to purchase tickets, as well as cover expenses and supports using her passport funds.

At the time this article was written, Courtney was looking forward to more fun adventures over the summer including a Glass Bottom Boat tour in Tobermory, Ontario and Ripley's Aquarium in Toronto, Ontario.

# Raising the Touch Screen Baby

By Leanne Hopkins from the desk of Children's Services

New research suggests screen time may cause delays in child development.

Technology is integral to our modern lives and all aspects of parenting. Studies show that almost 98 per cent of us are now living in a home with an internet-connected device. Children have ample access and opportunity to spend a considerable amount of time viewing all types of screens; either computers, tablets, iPad, smart phones, gaming or television. But, does all this technology use and screen time actually enhance a young child's development? Research is suggesting NO.

A measurable association between how much very young children are using screens and how well they are meeting their developmental milestones was found in a Canadian study and published in JAMA Pediatrics. The researchers found that higher levels of screen-time viewing by young children at two- and three-years of age was a predictor of poorer child development outcomes at three and five years respectively. The research included a sample of 2,400 mothers from Calgary, Alberta and asked

these parents to report on the amount of screen time their children consumed. The parents reported that, on average, young children were viewing screens for 2.4 hours per day at age two, 3.6 hours per day at age three and 1.6 hours per day at age five. The reported numbers far exceeded the screen time recommendations by the Canadian Pediatric Society. It is recommended that children between two and five years view no more than one hour of high-quality programming per day on any screening device. Children under the age of two years should have zero screen time.

In the study, the mothers were also given a developmental screening tool, the ASQ-3, to see whether their children were attaining age appropriate developmental targets for gross and fine motor skills, communication, problem-solving and social skills. A longitudinal design was used to understand whether higher levels of screen time predict how kids are doing, or whether kids who might be struggling developmentally get put in front of screens more to help manage any challenging behaviours. While higher levels of screen time did predict poorer child-development

outcomes, the opposite pattern was not observed. There was no evidence of delayed milestones leading to higher levels of screen time.

The study was not able to determine how screen time delays child development. The researchers put forward two prominent ideas. The first idea is called direct effects, and suggests that there is something about the bright lights, highly reinforcing stimulus and repetitive rewards that compromises development. The second idea is called missed opportunities and suggests that young children are missing opportunities to practise and master their skills such as interacting with others socially, having conversations, playing outside, talking, running and interacting with others. We know that children have to practice to master their skills and that practice has to be in the form of play, not virtual reality or artificial intelligence. Aim for 1,000 hours of play a year. That's only 2.7 hours per day of interactive, engaging, outdoor, adventurous, experiential fun that is guaranteed to have a positive impact on your child's development.

## A New Job Opportunity for Jacob

Submitted by Vicki Reevey

Hard work is important to Jacob Baker. As a valued member of Community Living's Able Bodied Maintenance crew, Jacob worked with other individuals to do yard work and various jobs around Owen Sound. Jacob enjoyed his time as part of this team and was disappointed when it came to an end.

Able Bodied Maintenance wrapped up operations in 2017 and Jacob was concerned that he would not be able to find another job. That is where Kim McCorkindale stepped in. As Community Living

Owen Sound and District's job developer, she was able to work with Steve Sired, owner of Mister Transmission on 1st Avenue West in Owen Sound, and create a job with Jacob in mind. Two days a week, Jacob works to clean the floor of the auto shop and handle the recycling at the location. Jacob is now a valued member of the Mister Transmission team. Jacob is proud of what he does and truly enjoys meeting all the people who come in. When asked what it takes to be successful at his job, Jacob says it is important to "work

hard, listen and follow instructions," and always "be as good as you can be."



### Perspectives: The Electronic Edition

This newsletter is available electronically and we are happy to accommodate that request. If you are interested in receiving the newsletter in this format, please send an email to [cfoster@comlivos.on.ca](mailto:cfoster@comlivos.on.ca). Please include the email address you would like it sent to.

### 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:

Lorraine St.Germain, Cathy Foster, Vicki Reevey, Melissa MacArthur and 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 support the Association in achieving their mission. 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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Community Living Owen Sound and District  
769 4th Avenue East, Owen Sound, ON N4K 2N5  
Telephone 519-371-9251, Fax 519-371-5168

Association Membership applications are available from our office.