

COMMUNITY LIVING Owen Sound and District Perspectives



Gord Goes Riding

Submitted by Jodi Klerks

Gord Dakin has been horseback riding at Hope Haven in Markdale for three years. He uses his Passport funds to purchase weekly lessons which run year round.

Gord can sometimes be nervous to mount the horse. When Gord first started lessons, he did not mount the horse for months, but the staff and volunteers were very patient and motivating. Gord now rides regularly and on the days that he chooses not to ride, he takes the tack off and grooms the horse.

Gord enjoys the different activities that he does during his lessons such as trail rides outside, trotting and games



with rings and balls. The instructors have commented on how far he has come since

his first lesson and that he rides with the posture and attitude of a true cowboy.

Administrative Team Ensures Smooth Operations

Submitted by Cathy Foster

When you walk through the front doors of the main office of Community Living Owen Sound and District, you will receive a friendly greeting from one of the members of our administration team. The team is comprised of Stefani Smith, Kim Jex, Adriana Londono and manager, Lorraine St. Germain.

This competent group of women are responsible for many things that equate to a smooth running of the day-to-day business operations for Community Living Owen Sound and District. Collectively, they bring many years of experience and skills to the workplace.

Lorraine has been with the agency for 13 years and is in the position of manager for this team. Lorraine has a background in administrative work with other groups and agencies.

Kim began her career with Community Living Owen Sound and District in 2005 and she is responsible for payroll and accounts payable and receivables. Previously Kim was employed in a similar capacity for other agencies and also worked as a business

manager for a few years.

The accounting for Community Living Owen Sound and District is carefully tended to by Adriana. Professionally, Adriana was a treasurer in Columbia for over 20 years as well as working in accounting before joining the team here early in 2018.

Stefani is responsible for administrative support at Community Living Owen Sound and District. She became part of the administration team here in 2017.

Each and every day can be different and challenging, for a variety of reasons. All of these women can be counted on to be supportive and rise to the challenge of any occasion.

Interacting with all sorts of people adds an interesting perspective to each day and is a part of their work that these women really enjoy. Sharing humour and a smile helps to build good working relationships with all those that come through the doors here at Community Living.

Thank you ladies for the hard work that you do each and every day!



Adriana Londono, Kim Jex and Lorraine St. Germain, missing from the picture is Stefani Smith.

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.

Please include the email address you would like it sent to.

Shawna Starts at Georgian College

Submitted by Shawna Schank

Hi, my name is Shawna and I started the Community Integration through Cooperative Education (CICE) personal support worker (PSW) program at Georgian College in September. I have been overcome with how much help I have had to start this program. Before classes even started, the school provided two days of orientation to

typed out loud to the class.

Student Services has also been wonderful for me as they are easy to get a hold of, book appointments with, and they give great advice through their counselling services.

Since being at Georgian, I am enjoying all my classes, the teachers are nice and I even got to meet the Dean. They also host really fun activities such as dodgeball and a group car wash.

School was hard

when I first started but now I'm used to it. They provide me with aids to help me with my school work and I have learned that it is very important to use them.

If I could give anyone advice about going to school, it would be to ask for help whether it's from your aids, or if you get locked out of your locker.

I love going to Georgian College and taking the CICE program. I think people should try it. I am getting job skills, hands-on experience, healthy living skills and computer skills. I feel they are setting me up to be ready for the work world.

When I am done, I plan to go back and get my full diploma for PSW then branch into nursing or culinary so that I can do several positions at a care home.



help me get settled in and find my way around. I also was able to use Student Services to get a computer that helps with spell checking, has a voice recorder and a C pen that reads typed words out loud. I can use this to have information and text books read to me and also to read my assignments that I have



Another Successful Summer for Teen Connect

Summer of 2019 proved to be another fun-filled summer for a great group of youth in the Owen Sound area. Teens between 13 and 21 took part in daily activities such as swimming, bowling, sightseeing, painting, etc.

These adventures led to visiting many new destinations spanning from Elmvale to Hanover to Port Elgin and several places in between. Thank you to all those that made Teen Connect a success!



Cleaning Up With Nakdbasics

Submitted by Brooke Ramsay

During the fall 2019 session, 2nd Avenue partnered with Nakdbasics, a popular store in Owen Sound's downtown core, also known

as Owen Sound's very first refillery. Charlee Roy, the owner of Nakdbasics

is taking action to try and reduce the waste going into landfills. You will find a variety of Canadian products without packaging such as shampoo and conditioner. They also create

custom skincare and natural plant medicine.

We participated in a hand soap workshop where participants were able to

Fresh Laundry, Maple Sugar Bacon, and Pumpkin Patch.

There was also a wide variety of colours to choose from — almost everyone chose a

Participants had a great time experimenting with the major variety of scents

customize the hand soap by selecting the scent and the colour of the soaps.

Participants had a great time experimenting with the major variety of scents including:

third time partnering up with her and our participants always leave excited with their new creations. Pictured is the group with their handmade goodies!

Celebrating Moms in 2019

Submitted by Tammy Cameron

This year the moms' "Celebrating You" event was hosted in the pavilion at Cobble Beach on November 2, 2019. Overall, there was a decrease in attendance however there was a 50 per cent increase in new moms who had never attended an event in the past.

The day began with a continental breakfast in the pavilion, giving everyone the opportunity to mingle before activities got started. The moms had an opportunity to participate in all activities which included painting wooden snowmen, personalizing socks for relaxing and etching glass

coffee mugs. Throughout the day there were many laughs and conversations happening and it appeared that everyone enjoyed themselves.

We were served a hot meal in the Sweetwater Restaurant overlooking the bay followed by the completion of activities in the pavilion before everyone went home. Once activities were completed and there was a bit of free time, the moms enjoyed the opportunity to sit back, relax and talk with each other.

Some positive feedback heard throughout the day included not having the chance to participate in activities like the ones provided at home because of the lack of time; having opportunities to meet other parents who have had similar experiences; and enjoying the time to sit and talk with other moms.



www.facebook.com/communitylivingowensound

My Experience at the Speaking Out Conference

Submitted by
The Sound Advocates

Hi, my name is Andrew and I had the opportunity to present for the second year in a row at the Speaking Out Conference. I would like to share with you my experience at the Speaking Out Conference. I felt that this was very rewarding; I thoroughly enjoyed the presentations that were being presented. I loved how many self-advocates were there and the opportunity to make new friends and experiences. When I was

presenting it felt like all my nerves and anxiety were left behind. I felt confident, proud and welcomed.

Hi, my name is Martin and this was my second year attending and presenting at the Speaking Out Conference. This experience was well worth the trip. I was ready and happy to meet so many new advocates that have come from all across Ontario. I presented a presentation this year with Andrew and I couldn't be more excited. The atmosphere and the weekend

was exhilarating and I cannot wait to go back!

Hi, my name is Penny and this was my seventh year attending the Speaking Out Conference but was my fifth year presenting. I still to this day get nervous but the joy of presenting and speaking to other self-advocates is a true passion of mine. Over the years I can honestly say that it has been more person-centred; they are so accommodating and welcoming. I can't wait for my future presentation there!



2nd Avenue Has 'Fun in the Fall'

Submitted by
Marsha Alexander

For the past few years, we have been fortunate enough to be running 2nd Avenue activities in Port Elgin with our Bruce County neighbours. Two days a week, people have been signing up for activities such as Simple Sewing, Fitness, Grub on the Grill, Fun in the Sun, No Bake Goodies, Geocaching, Buns in the

Oven and so much more! Last fall, the "Fun in the Fall" group were busy out and about in the community. We visited Smiths Apple Farm

made a giant scarecrow, visited Owen Sound to join friends at the 2nd Avenue Halloween party, and went to the pumpkin patch, then made Jack-o'-lanterns and roasted seeds.

Each session, more people are becoming

Each session, more people are becoming interested in joining activities.

and Market and conquered the corn maze and tasted delicious market goodies. We made homemade apple pies, fall wreaths, hiked in the beautiful autumn colours,

interested in joining activities and it has been great to see the progress in skills, participation and all the new friendships that are being made.

A Passport Story: Kevin

By Kim McCorkindale

Passport funding helps to enrich the lives of people by providing new experiences and opportunities to participate in the community. Kevin has thoroughly enjoyed the many activities that his individualized Passport funding has provided for him over the years:

- Belwood Lodge and Camp
- Playing golf

- Concerts at the Roxy
- Movies
- Hiking and exploring
- Out of town trips
- Theatre
- Festivals and Fairs
- Parades
- Sporting events

Kevin's Passport support is one of the many highlights of his week and he is looking forward to new adventures in the upcoming year.



Jessica's Employment Success!

By Kim McCorkindale

Jessica has been successfully employed at Shoppers Drug Mart on the east side of Owen Sound for almost a year now. She works Tuesdays and Thursdays from 9 a.m. until noon stocking shelves and facing merchandise. An important part of her job is to always check the expiration dates on items.

Jessica beams with pride when talking about her job: "I like everyone I work with here.

I feel happy and enjoy my job! I am very busy putting things in the right place."

Peter Struthers, pharmacist and owner says, "Jessica is a hard working and cheerful young woman who has been a great addition to the Shoppers Drug Mart team." She smiles easily and is courteous with customers who ask where something is in the store. Peter adds that "hiring Jessica was the right thing to do; everyone benefits!"

MEN'S GROUP

Are you a man supported by Community Living Owen Sound and District?

Do you want to join a group and talk about what is going on in the world and our community with a focus on what is important to you?

WHY NOT JOIN THE MEN'S GROUP?

We meet every Tuesday at 3:00 p.m. at the main office on 4th Avenue West.

Please stop by on Tuesday or contact Scott Brady at 226-664-0789, ext. 463, for more information.





Christmas Celebrations

On Thursday, December 12, 2019, Community Living Owen Sound and District held its annual Christmas dinner and dance at the Owen Sound Legion. Each year this event is sold out with 200 people participating. The event is organized by a committee each year that ensures every detail is looked after. Committee members wear a red tie so they are readily visible to anyone who may need assistance. Everyone enjoys dressing up for the event, which always includes a traditional sit-down turkey dinner followed by a dance.

This year, Glen Eden provided musical entertainment before dinner was served. The music was provided by Jackie Ralph and Penny Brueckman-Stephens, and as usual, all had a wonderful time dancing. With the assistance of Charles Cottrell, we were able to get some pictures of the festivities. Thank you to everyone who assisted with the event and to those who attended.

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.com

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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Association Membership applications are available from our office.