

COMMUNITY LIVING  
Owen Sound and District

# Perspectives



## Annie Trains for Trip to Russia

Submitted by Cathy Foster and Annie Howlett

Annie Howlett is a very active member of the Owen Sound community. The Owen Sound District Secondary School student is in training for a very exciting event. Annie has been named to the Special Olympics Team Canada 2022 Training Squad, in preparation for the international event which will be held in Kazan, Russia in late January 2022, pending resolution of travel restrictions related to COVID-19. Annie will be participating in Nordic skiing. In order to be selected for these games, Annie had to participate in three qualifying events: qualifiers, provincial games and national games.

Annie started skiing when she was five years old as part of the Bruce Ski Club Jackrabbits. She participated in this program for several years until she joined the Owen Sound Waxwings when they formed four years ago. Annie has a deep enjoyment of skiing, with

Nordic being her favorite.

Annie has been involved in Special Olympics since age eight, and she enjoys it very much. She participates in Nordic skiing, alpine skiing, bocce and swimming. In the past, she also participated in bowling and rhythmic gymnastics but has decided to do fewer sports this year so that she can focus on Nordic training.

Being part of the Training Squad means that Annie has training components that she must complete everyday. Every member of the national group of athletes must do the same. Once components are completed, they must go online and track all of their progress in categories that include exercise, distance, food choices and mood. The website also provides a way for the athletes to stay connected through Zoom calls, and this is one of Annie's favorite parts. The next closest competitors reside in Barrie and Peterborough.

Annie is coached locally by  
See 'Annie's Looking' on Page 2

## “The Link” Offers Online Programming During Pandemic

Submitted by Marsha Alexander

The program at 2nd Avenue has certainly changed during these strange times.... not only has the program changed, but so has our name! Introducing “The Link”

The Link offers online as well as offline activities for participants in both Grey and Bruce Counties. We are currently in the midst of our 4th session which runs May-July 2, 2021, and up to this point we have had over 70 people access the program.

Activities that we have been running include cooking groups, virtual field trips around the world, bingo, live local musical talent, arts and crafts, working with wool, book club, Canadian crusaders, naturalists club, and of course Chatty Café.

Chatty Café is a daily activity where people can login to Zoom and chat about what is going on in the community, eat their breakfast with friends, and just get caught up with people they haven't

seen in a while. We are also excited to have teamed up with Bruce Peninsula Association for Community Living for a few virtual activities, where many new friendships have been formed!

Some of the activities we do require ingredients or craft materials. Each week we make up kits that participants can either pick up, or we can deliver to their homes if they reside within Owen Sound or Port Elgin. Some people who choose to not be online, or do

not have access to the internet, still have the opportunity to do offline arts and crafts with the kits supplied to them at a time that works for them.

This past year has been a huge change for everyone, and running our new

program has been a learning curve for many of us. We are very fortunate to be able to still communicate and connect with people through this new platform and help each other navigate our way through the pandemic.







## Gardener in the Making

Recently, our resident garden expert Annette was doing some work. Patrick took an interest in what she was doing and offered to help, and Annette really appreciated his assistance. Thanks so much Patrick and Annette.

## Jigsaw Puzzles

Submitted by Fely Clarke

Garnet Tettenborn enjoys doing many things to keep himself entertained like playing video games, practicing guitar and baking/cooking. However, these days he has focused his mind on completing jigsaw puzzles. He has put 500, 700 and 1,000 piece puzzles together and most recently worked on a 1,500 piece puzzle. Garnet likes the many different colourful and challenging themes of the puzzles. He was delighted to finish his 1,500 piece Christmas puzzle. Garnet really likes seasonal scenes, harbours, space/galaxies, and animals too.

Putting together jigsaw puzzles keeps Garnet mentally and physically occupied for long periods of time. It gives



him a tremendous sense of accomplishment, and when he is finished putting his chosen jigsaw puzzle together he will take a picture of it to share with family, friends and myself as his support worker. It is delightful to see the puzzles that Garnet has completed for they are very pleasing to the eye. Garnet truly has a great amount of patience and is dedicated to this self indulgent entertainment.

Photo submitted by Garnet Tettenborn and Fely Clarke.

## Communications Buttons

Submitted by Gareth Lloyd

The Communication Strategy Committee has been getting back into the swing of things since they had to put all activities on hold through the long COVID-19 restrictions. One of their fun new ventures is button making!

Inspired by our community partners at the Owen Sound and North Grey Union Public Library, they obtained a



button maker and supplies.

These buttons that show staff members' smiling faces can be worn when we are using face masks so that the people we support and encounter can still see what we look like.

# Autism Services

## From the Desks of Family Support

Children and youth who have been diagnosed with autism spectrum disorder (ASD) by a qualified professional are eligible for the Ontario Autism Program. Children receive services and supports until the age of 18. For more information and to access the registration form, go to [www.ontario.ca/page/ontario-autism-program](http://www.ontario.ca/page/ontario-autism-program)

If you have questions about registering your child, you can contact the Ontario Autism Program central intake and registration team at [oap@ontario.ca](mailto:oap@ontario.ca) or 1-888-444-4530.

All children and youth registered with the Ontario Autism Program and their families can access Foundational family services. Through Foundational family services you can access

a diverse selection of services and supports, such as:

- family and peer mentoring
- caregiver workshops
- coaching sessions.

Services are based on your child's needs, strengths and developmental stage and are offered in a variety of ways, such as through virtual, self-directed, in-person and group support. You can choose to access these services at any point based on your needs at no cost.

What if my child or youth is not registered with the Ontario Autism Program?

Autism Ontario offers workshops, training sessions and individual support to all families, whether registered for the Ontario Autism Program or not.

Autism Ontario's Service Navigation program

can help you:

- understand what types of services are available to purchase with your Ontario Autism Program childhood budget
- get help with childhood budget applications forms, eligible and ineligible services, and submitting expenses
- find qualified providers
- find local services and supports in your community
- access parent resources and webinars
- connect with other families through mentoring and social learning opportunities for your child or youth.

Contact Autism Ontario at 1-800-472-7789 to find out more.

Source: <https://www.ontario.ca/page/ontario-autism-program>

## Journey to Belonging: Choice and Inclusion

### Ministry Children Community and Social Services releases new plan for reform

Ministry Children Community and Social Services will be taking steps over the next eight to 10 years to make meaningful changes to improve services for people with developmental disabilities, and the people and communities who support them. We have developed a plan that focuses on people, and not the systems around them.

#### Guiding principles for reform:

Our vision for the future focuses on people and how they can belong in their communities and live meaningful lives. In addition to the vision, the following principles will help guide the work and the plan for reform:

- People receive support based on their needs
- Services build on the strengths of people and supports provided by families, support networks and communities
- Supports are person-directed

- and flexible
- Supports are proactive and responsive to people's changing needs across the course of their lives
- Services are driven by evidence, outcomes and continuous improvement
- Services and supports promote health, well-being and safety
- System is sustainable.

Excerpted from <https://www.ontario.ca/page/journey-belonging-choice-and-inclusion>

## Annie's Looking Forward to Seeing New Places and Meeting New People

Continued from front Dianne Speed and her mother, Laura Howlett. Annie's father supports by walking with Annie each day, too. Her requirements call for 10,000 steps each day, along with stretches and planks which are completed at school. Annie enjoys all of the training as she likes to be kept busy.

Annie is very much looking forward to the games in Russia. This event will be held over a two-week period and it will give Annie the chance to travel and experience a new country. She will be able to hang out with other athletes and meet people from all over the world. Sharing a room with another athlete will also be a highlight for her. What a wonderful opportunity to



experience new places and things! She will continue with training right up to the event.

When Annie isn't busy training, she doesn't sit still. She attends the Owen Sound District Secondary School and also participates in the REACH Program on

Wednesdays. She has enjoyed two co-op terms working at Riverforest Montessori as a teacher's helper, and hopes to attend Georgian College through C.I.C.E. some day. Annie also loves to spend time with her friends and socialize. Any free time is spent with other activities that she enjoys such as typing on the computer, playing UNO, walking the neighbour's dog, baking cakes and playing board games with her family.

Annie also participates in the Special Olympics Tuesday night online workouts called Reveal Your Champion. She invites those who are interested to check it out Tuesday evenings at 7:00 p.m. at [www.revealyourchampion.ca](http://www.revealyourchampion.ca). Good luck Annie!





## Vaccination Day

Submitted by Gareth Lloyd

On April 7, Community Living Owen Sound and District were thrilled to offer the first dose of the COVID-19 vaccine to

our staff and people supported in congregate settings. The

weather was beautiful, there were smiles on faces (including the ones behind the masks) and everyone did their part in making it a positive, friendly atmosphere for the nurses, staff, and supported people

involved in the undertaking.

From check in to check out the process was well organized, with staff who work at the main office involved in

and more. On hand to thank people for their participation were Kim and Lorraine (wearing the same dashing pale yellow gown, above)

who handed out flowers and Timbits to people as they came out of the building.

... everyone did their part in making it a positive, friendly atmosphere ...

signing people in, taking temperatures, assisting people to the rooms where the vaccine was being given, ensuring they waited 15 minutes before leaving in case of any side effects,

You can see a few of the happy recipients, delighted they got their first vaccine dose.

UPDATE: We are now fully vaccinated as we got our second dose on June 17th, 2021.

## Cambrian Gives Back — A Developmental Service Worker-Led Virtual Recreation Hub!

The Developmental Service Worker students at Cambrian College are excited to have launched a Virtual Recreation Hub. This hub consists of many fun virtual activities for the community to participate in.

Activities such as bingo, Simon Says, Karaoke, scavenger hunts, show and tell, social tea-time, virtual trips, etcetera. This hub event happens every Wednesday for one hour which runs either from 1:30 to 2:30 p.m. or 6:30 to 7:30 p.m. (alternating).

Virtual activities will take place via Zoom. Our Virtual Rec Hub Facebook Group Page will include the Zoom recreation schedule and registration details and also be scattered with student-led educational and entertaining videos.

The Facebook Group will also offer an opportunity for participants to sign up for mentoring from one of our very talented developmental service worker students. You are welcome to join both our Facebook page and / or our e-mail list where you will

receive invites every week for the next meeting!

Join us on Facebook at [www.facebook.com/groups/154861632892030](https://www.facebook.com/groups/154861632892030)

Join our Mailing List: <https://lp.constantcontactpages.com/su/EFE5rTK/dswhub>

The launch of this hub has been motivated by the isolation everyone is feeling due to the pandemic, but our intention is to keep this hub active even after the pandemic has ended. We hope that, like us, you see this as a great way to be able to communicate with others, share thoughts and ideas and create new friendships along the way.

The hub is open to anyone connected to a Developmental Services Agency across Ontario (supports and those supported) and Cambrian DSW students of past and present!

We hope to see you there!

Sincerely,  
The Developmental Service Worker-Led Recreation Hub  
— Students and Faculty



## Shine a Light on Community Living

By the Communication Committee members

May was Community Living month. For the month of May we celebrated and recognized accomplishments of the Community Living movement. This year's theme was "Still in This Together," in honour of the perseverance and resilience shown by those in our movement as we continue to navigate the COVID-19 pandemic.

Towns and cities across Ontario, including Owen

Sound and Port Elgin, were a little brighter on the evening of May 6th, 2021. That's because buildings and structures in communities across the province were illuminated in blue and green as part of the 6th annual Shine a Light on Community Living campaign. The nighttime spectacle, which included the lighting of the CN Tower as well as a number of other landmarks and Community Living office locations including

Port Elgin and Owen Sound, took place in support of Community Living Month in an effort to foster awareness around the importance of inclusion for people who have an intellectual disability and their families.

Friends of Community Living were encouraged to participate in the campaign by posting their photos to Facebook, Twitter, Instagram, and other social media channels using the hashtag #shinealightonCL.

## Resources Available to Support Good Mental Health

Please find below a list of resources that may be helpful for you or your loved ones.

Mental Health Crisis Line of Grey-Bruce:  
**1-877-470-5200**

Public Health Grey Bruce:  
[www1.publichealthgreybruce.on.ca/COVID-19/Mental-Health/](http://www1.publichealthgreybruce.on.ca/COVID-19/Mental-Health/)

Keystone Child, Youth and Family Services:  
**1-519-371-4773**

Kids Help Phone:  
**1-800-668-6868**

The Women's Centre (Grey and Bruce) Inc.:  
**1-800-265-3722**

Canadian Mental Health Association:  
[www.greybruce.cmha.ca/news-type/covid-19/](http://www.greybruce.cmha.ca/news-type/covid-19/)

Connex Ontario:  
**1-866-532-8525**

TVCC:  
[www.tvcc.on.ca/resource/covid-19-resources](http://www.tvcc.on.ca/resource/covid-19-resources)

\*\*\*\*\* NOTICE \*\*\*\*\*

The 67th Annual General Meeting, 2021, will be delayed until September. Date and time to be determined.





## Lynette In the Community

Submitted by Sandra Yates

Lynette Weber started in our Adult Services in 2018. Since then, Lynette has participated in a variety of activities through 2nd Avenue and with help from her support staff getting to know the Tara, Port Elgin and Owen Sound Communities.

Lynette is shy by nature however once she builds a rapport and her trust is earned she is fun and a pleasure to spend time with.

In the summer of 2020 The Tara Rotary Club fundraised to build a walking bridge across the river at Ann Street. Lynette used the bridge for



the first time to enjoy a wintery walk a few months ago. Lynette also enjoyed an evening out taking in the Festival of Northern Lights and supported a local business with the purchase of a hot chocolate.

## Bright Smiles in Saugeen Shores

By Kim McCorkindale

Saugeen Shores Family Dentistry and Bruce Grey Dental Specialists' offices have an employee who brings smiles to everyone he encounters on the job. For the past year-and-a-half Wayne has been working a couple days a week at both offices in Port Elgin. He is responsible for a variety of duties including shredding documents, emptying the garbage, taking out the recycling, and sweeping the sidewalks in front of the offices.

Wayne is very professional, reliable and works hard to complete all assigned tasks. "I love working here! It's like a big family," Wayne said.

He shared that he is currently saving the money he makes at work to buy another



car to replace his old one. "My savings are growing!"

Staff comments about Wayne: "Wayne is a joy to work with. He's such a wonderful addition to our team!" "Wayne is always so positive and friendly!" "He makes everyone's day brighter!"

# Let's Spread Some Kindness Around

Submitted by Cathy Foster

During our lifetime, most of us have been on the receiving end of kindness a time or two. Kindness can be shown in many ways. Maybe someone held the door for you, or let you take their turn in line or paid for your morning coffee. Maybe someone paid you a compliment or helped you when you needed it.

Kindness can have a profound impact on us. It can really change the course of our day and make us feel better. Most importantly, it can help us to remember that there is still goodness in this world.

Let's take a moment and think back to a time when we were having a really tough day. Things weren't going well and nothing was moving smoothly. Every step felt like the biggest task in the world. You might have felt angry, tired, frustrated and emotional and like you just couldn't handle anything else. How would that day have changed if you had been shown some kindness? Would it have turned things around, made you feel more positive? Made you feel like someone cared? Likely, the answer is yes.

Kindness is powerful and contagious. It makes us feel joy and gratitude. We want to share it with others and pay it forward.

During this past year, we have really changed how we

communicate and interact with one another. Everything is virtual, distanced and different. We have learned to adapt and change and make due with essentials. We have learned to be creative and access things in different ways. None of this has been easy on anyone and we all face our own challenges.



For some, it has allowed for periods of growth and diversity, but for others, it has come with hardships. Individuals and families are facing loneliness, isolation and exhaustion. Caregivers are being stretched to keep their loved ones safe and healthy with only a few resources left in place. Finances are tight for many people and food insecurity is a reality for much of our community. Many children are struggling with online learning and not seeing their friends on a regular basis.

Our essential workers are exhausted and doing their very best to provide vital services in our communities.

We must remember that during all of this, the fundamental needs of people have not changed. We still need connection, compassion and communication. We need empathy, acceptance and love. We need patience, time and support. And we need someone to care and to validate that we matter and are important, especially in the midst of all that surrounds this pandemic.

Kindness can help us bridge some of these gaps and get us back to relating to each other again. It can help us to remember that one person can in fact change the world, one day at a time, one act of kindness at a time.

As we optimistically look forward to better times ahead, let's take the time to make the world a better place along that journey. Let's spread some kindness around and help others to weather the storm together. Share a smile, call up a friend and reconnect, write a letter to a family member, bring someone a flower or two, bake an extra cake for a neighbour and remember to say thank you to that cashier who is helping you to get your groceries. Just take the time to be kind, however and whenever you can. Let's spread that around!

## Youth Engagement Project — YEP!

The Family Support Team is excited to announce the Youth Engagement Project — YEP!

Submitted by Leanne Hopkins

YEP is a pilot project for youth, ages 12 to 24, who are connected to Community Living Owen Sound and District. Inspired by the success of The Virtual Pod last summer, and as a safe alternative to the in-person group activities of Teen Connect, the Youth Engagement Project — YEP is four theme-based modules being offered in July and

August. Each module is two weeks in length and consists of facilitated, interactive online sessions, self-directed activity kits and, one-to-one supported discovery challenges in the community with the youth engagement facilitator. Space is limited to a maximum of six participants per module.

The objectives of YEP include enhancing youth self confidence, self awareness,

self esteem and wellness, exploring and promoting the interests and hobbies of youth, discovering and appreciating nature and the outdoors, and facilitating social connections, engagement and feelings of belonging in the community. The number one objective, of course, is to have fun!

For more information, call 519-371-9251 extension 340.

### 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 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](http://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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**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.