



PERSPECTIVES

The Newsletter for Community Living Owen Sound & District



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SUMMER TEEN PROGRAM: TWO THUMBS UP!

By Leanne Hopkins

After 3 years of facing barriers and challenges to offer an in-person program for youth, the Summer Program launched July 2nd. Funded in part with an Ontario Trillium Foundation Resilient Communities Grant, the objective of the summer program was to provide opportunities for teens to re-engage and participate in activities in their communities following the prolonged period of social isolation and loss of routines as a result of the restrictions, lock downs and emergency orders during the pandemic.

Activities on rainy days at the “club house” included arts, drama, music and dance. On sunny weather days, youth were out and about involved in activities such as hiking the Enchanted Forest, swimming, and visiting cultural venues in the area. Of course, like all teens, hanging out, going to the movies, grabbing a burger at McDonalds, sharing jokes and dreams about the future enriched the time spent together. As a finale, parents, siblings, and friends were invited to a pizza party with a talent showcase organized and hosted by the teens.

Thank you to the Bluewater Curling Club for the awesome space. Thank you also to parents for the open communications and participation in the all phases of activity planning and helping us to get to know the goals and aspirations of their teen. And, thank you to the Family Support team for their attention to details, organization and day to day communications with everyone involved. The collaboration with community, parents, youth and staff made for a very successful summer.

CELEBRATING OUR DIFFERENCES AT LOCAL SCHOOLS

By Marsha Alexander and Kim McCorkindale

The Communications Strategy Committee of Community Living Owen Sound and District is a committee made up of people who receive supports and people who offer supports. The committee is responsible for engaging with and educating people in our communities who are not connected to Community Living Owen Sound and District.

Spinclusion is a game which promotes inclusion and celebrating strengths and diversity. It not only focusses on the benefits of including people of all abilities but also including people of all genders, cultures and sexual orientations. The game consists of breaking the class into small groups which take turns answering questions that promote thinking and discussing ways to include everyone and to consider people's feelings. One student new to Canada spoke English for the very first time in front of her classmates while we played Spinclusion. It was an extremely powerful moment for everyone.

Our team regularly reads to students throughout Grey and Bruce Counties. We have a variety of books about inclusion and the importance of being a good friend and being kind to one another. Reading these books leads to many great discussions not only about our physical differences but also about the daily challenges we all face. We also discussed all of the many things we have in common with each other. Throughout our discussions we identified how boring it would be if we were all the same!



Thanks to Don Wilson for organizing a successful donation drive for the women's shelter

AGM = AWESOME



By Michele Bell

This past June 28th was the Community Living Owen Sound & District AGM (Annual General Meeting). As our first in-person AGM in a few years, it was an absolute pleasure to sit together, eat together, and DANCE together. It reminds us how wonderful our community is and how many inspirational community members we have. Thank you to everyone who joined us.



MY FULL THROTTLE SUMMER

By Terri Johnston



My most favorite thing to do in the summer is to go to the Full Throttle Motor Speedway in Varney, ON outside of Durham, ON. This summer I went to the track every weekend to watch the races. I would also camp there all weekend and stayed in a camper with a very wonderful lady that everyone calls grandma. There are also other campers outside the pit gate where all the people park for the grandstands. As for the races there are a lot of classes that run at the track. We have Junior Late Models, Mini Trucks, Street Stocks, Thunder Trucks, Fun Stocks, Pro Sprints, Hot Rods and my all time favorite the Trains. We also have some special classes that come occasionally. They are Ontario Sportsman Series, Outlaw Midgets, Great Lake Legends, Pro Challenge, and OSCAAR Mods.

My friends race there all the time and I have so much fun watching them. I also get a few scares from them once in a while when they hit a wall. After the races we go and relax by the campfire and talk and have lots of fun. Sometimes we have get-togethers with the other campers. Last year we had a pot luck and played games. This year didn't happen, but we did birthdays.

I also don't just watch the races and camp, I even babysit kids for my friends that are busy during the races. They sometimes give me a rough time but I stick it out. I've also been painting a few of the cars too. Well that's my story about my summer. If you ever want to go to the races, Full Throttle Motor Speedway in Varney, ON is the way to go.

RISING ROXY STARS



By Fiona Smith

A cheque was presented to CLOS&D from the proceeds of the show called "Imagine" put on at the Roxy Theatre by the Roxy Star company. This was a first performance by the company. The funds will be used to help fund further opportunities for people supported by CLOS&D in the art and theatre worlds, and especially to be able to perform with the Roxy Star Company.

The Roxy Star Company is a new opportunity for adults living with complex needs including intellectual, developmental or physical disabilities, allowing them to participate and perform in theatre related projects. Participants will play drama games, learn acting skills, dances and songs. The aim of the program is to focus on each participant's individual strengths, culminating in a talent show at the end of the program where participants will get to show off what they've learned on The Roxy stage. The Roxy Star Company will create an environment where theatre is inclusive and for everyBODY. This program is open to anyone who identifies as having a physical or mental disability who is over the age of 18.



Rising Stars



LEARNING TO SHINE AS A NEW EMPLOYEE WITH EMPLOYMENT WORKSHOPS

By Kim McCorkindale and Miguel Agudelo

In both the Spring and Fall **Alliance employABILITY** hosted 6 weeks of employment workshops: *Ways to Shine as a New Employee* in Owen Sound, Walkerton and Wiarton with 18 enthusiastic participants each session. Our Employment Services team, Kim and Miguel, have created interactive and informative PowerPoint presentations and facilitated the workshops which included these topics:

- Understanding Workplace Culture
- Exceeding Employer Expectations
- Exploring skills, values and interests
- Clarifying performance goals
- Learning from Mistakes
- Coping with Stress
- The Power of Teamwork
- Living a healthy life- creating work/life balance
- Budgeting
- Staying safe on the job and WHMIS training
- Employment Standards in Ontario
- Developing a resume

Employment workshops provide an excellent opportunity for Kim and Miguel to get to know people. This allows them to create a service plan according to each participant's abilities, skills, and interests. The Employment team is then able to develop a job that is a great match for the person.

During the workshops there were many meaningful discussions about the topics presented. The participants made new friends and shared their employment goals with one another. Kim and Miguel want to thank all the participants for making this series of workshops a HUGE success!!!

We look to hosting more. If you would like to learn more about upcoming employment workshops and employment support services, email AEA@trialliance.ca.



OOT & A-Boot

PHOTOS FROM EVENTS IN THE CLOS&D COMMUNITY



packing back packs for United Way



celebrating our Pride at the Pride parade



Thank you to everyone who participated in Chalk Your Walk
chalk your walk! another big success!



Passport events are a BLAST



The AGM included a fun dinner and dancing!

Inspiring Possibilities



Avigail and Mike Lake with Leone Mitchell



Ruta Omer and family with Leone



Taren Coulsen

INSPIRING POSSIBILITIES AWARDS

By Fely Clarke

The Inspiring Possibilities Award is presented to a graduating grade 8 student who has shown honesty, respect, acceptance, appreciation and inclusion and who sees the worth of every person and advocates for all.

Each winner received a plaque with their school logo and their name engraved, and a cheque for \$25.00.

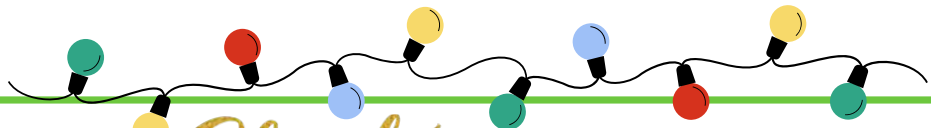
The proud recipients of the 2023 Inspiring Possibilities Award were: Avigail Lake of Alexandra Community School, Taren Coulsen of Notre Dame Catholic School, Jayna Cruickshank of Timothy Christian School, Ava Dixon of East Ridge Community School and Ruta Omer of Hillcrest Elementary School.

It was truly amazing to see so many graduating students from the different elementary schools in our Owen Sound area and to be part of it with our Inspiring Possibilities Award. Thanks to our dedicated self-advocates, Zak Brand and Leone Mitchell, for their participation and assistance.

I WAS BORN A RAMBLIN' MAN

By Don Wilson

Gord has walked thousands of kilometers since coming on board with Community Living in 1999. On the west side from well past Benallen back down to the harbour. On the east side almost from Chatsworth back to the 10th Street bridge. Not all at once of course! Gord has walked with staff and friends at the Link, on the rail trails and at so many different parks and conservation areas. During COVID he began doing virtual walks, rolling up the K's and collecting some wonderful medals for his efforts. Collecting all medals from the Solar System challenge is his greatest achievement! So many friendships have been made and so many years admiring the wonders of the natural beauty in Grey and Bruce Counties...with "many miles to go before he sleeps..".Walk on!



Christmas
DINNER & DANCE
Thursday, December 7th, 2023
5:00 PM-9:00 PM

Tickets \$15 each (limit of 2)

Tickets can be purchased at:
Main office, The Link, and the Port Elgin office
Tickets available: October 23 - November 30th



Active in our Community

In our last edition, we highlighted many active people engaging in our community. This time, we had a few more to share with you! Keep doing what makes you happy and engaged in our community. We love to see you shine.



Trevor H bowling with the Owen Sound Strikers



Zac B snowshoeing with Owen Sound Special Olympics



Matt P skiing with Owen Sound Special Olympics



Mackenzie L at GRACE in Owen Sound

EDITORIAL TEAM

Cathy Foster, Vicki Reevey, Heather Thompson, Laura VanderHulst & Heather Travis

PHOTOGRAPHER

Charles Cottrell

CHIEF EXECUTIVE OFFICER

Michele Bell

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