

Jenna Leifso

From: Donna MacDougall
Sent: November-07-19 11:12 AM
To: Jenna Leifso
Subject: Fwd: CLKD's November newsletter is here!

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From: Community Living Kincardine & District <aswan@clkd.ca>
Sent: Thursday, November 7, 2019 9:59:27 AM
To: Donna MacDougall <dmacdougall@kincardine.ca>
Subject: CLKD's November newsletter is here!

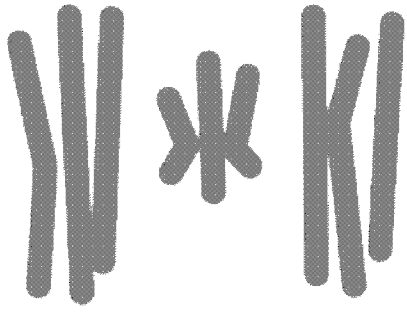


November 2019 Newsletter

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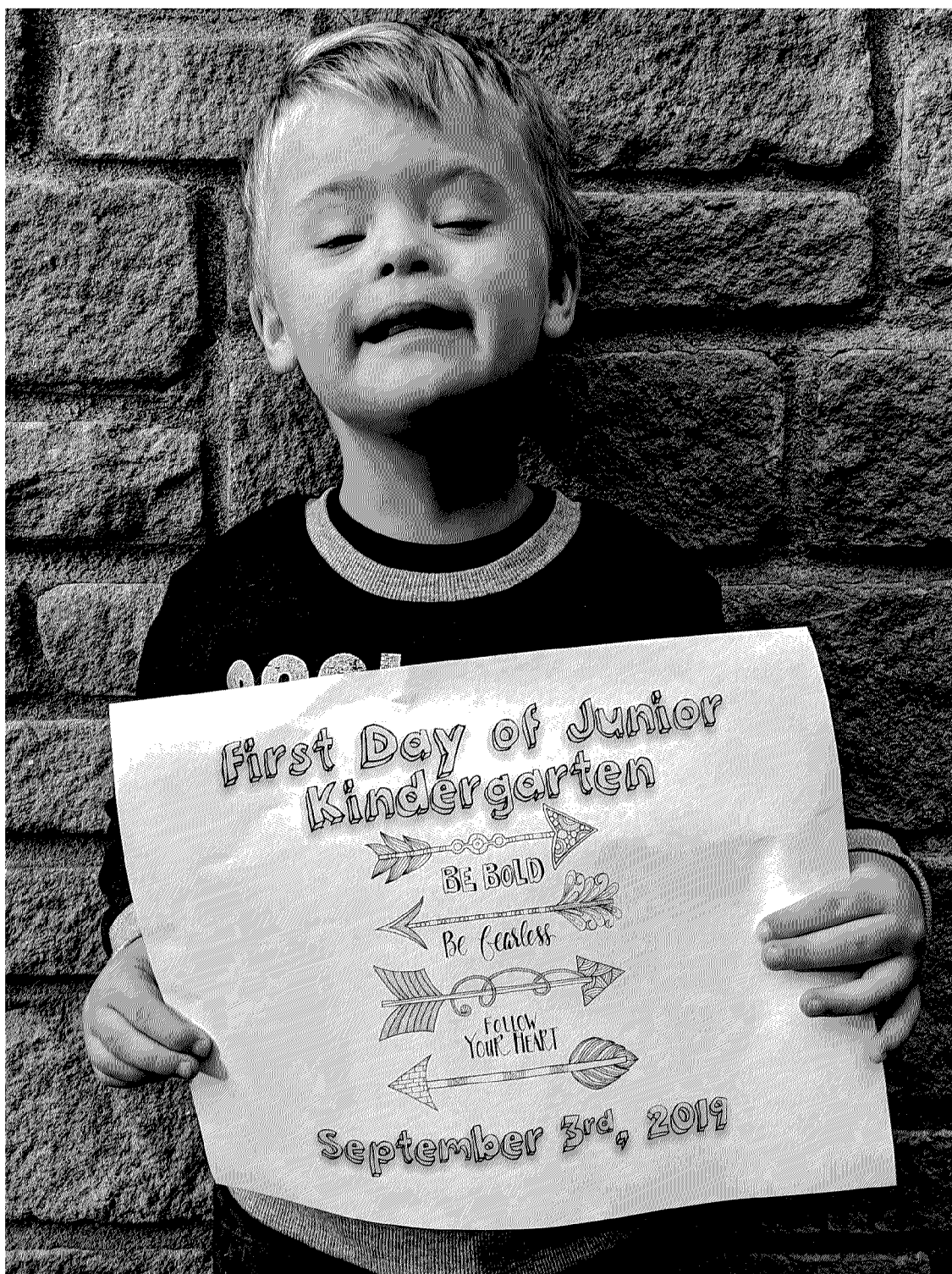
An Inclusive Caring Community, where all people belong and have equal opportunity to participate.



CANADIAN DOWN SYNDROME WEEK!

Nov. 1–7

Starting Kindergarten in an Inclusive Classroom!



September 3rd was marked on the calendar. A new backpack was purchased and lunchbox was packed. The first day of school was finally here! Sending your child off to their first day of kindergarten is always a bittersweet experience. Excitement about what is yet to come, intermixed with a bit of sadness at the realization that your baby is growing up. As parents of a child with additional needs we felt all the usual emotions plus a few additional ones. As a child

still working on verbal communication would Logan be accepted and make friends easily? If he had a problem would someone be able to help him? Would he feel a sense of belonging in his classroom and school community?

In the first two months of school, Logan has put our fears to rest. He has shown us, and the community, that he is more than ready for kindergarten. He happily greets everyone when his bus arrives at KTTPS. He absolutely loves the outdoor classroom, gym class, and recess. He takes great pride in showing off his school work, and telling us about his day.

As a result of being fully included in his classroom he is learning side by side with, and from, his peers. We have seen an improvement in his speech from being immersed daily in a rich language environment. We also see him learning from peers to try things that he previously would have shied away from. The assistance from EAs has helped bridge the gap between what he can do independently and what he needs assistance with. The relationship with his EA has helped motivate him when he needs a push, comfort him when he feels overwhelmed and provided support when he needs assistance to successfully complete a task.

Logan's confidence has grown as a direct result of his experiences in school. He knows that he is achieving and is proud of his work. He has made many new friends and tells us about them regularly. We still think that he is growing up too fast, but the benefits of growing up in an inclusive learning environment have made a positive difference in his daily life. We, and Logan, look forward to each new day and the growth it gives him.

- Logan's Parents, Miranda and Colin Graham

Advocating for an Accessible Community Pool



My name is Randy and I enjoy swimming. I have a physical disability and swimming helps with my therapy and allows me to spend time with my friends. It is important to me to do the things that every body else does.

In December 2015 the Hoyer Pool Lift at the Davidson Centre began leaking lubricant while in operation, with increasing frequency and severity each use.

On February 12, 2016 it was noticed in addition to the leaking lubricant, it was also leaking hydraulic fluid. I decided it wasn't safe for me to use the lift until it was inspected, fixed, or replaced.

I tried to use the ramp a few times to get into the pool but I decided not to use it anymore as I did not feel safe. The ramp is quite steep and it requires 2 or 3 people to assist me in and out of the pool. I was scared of tipping over whenever I used the ramp and didn't want anything to happen if the people assisting me slipped or lost their grip.

By April of 2016 I was still unable to swim and decided that I needed to write a letter to the Accessibility Advisory Committee.

With the help of my support worker David, who had been helping me swim since 2011, I did just that. While the lift was my primary concern, I also noted the family change room needed to be more accessible. The changing table, while it may be appropriate for children, isn't nearly long enough for an adult. The legs of the changing table also prevented the Hoyer lift from using the widest wheel base. It would be nice to have a changing table with a railing and that sat a little higher off the ground so whomever is assisting me in changing doesn't have to lean

over so much. The entrance to the family change room is a bit tight to get my wheel chair through and the lost and found is often placed in an area which makes maneuvering hard.

The Poolside Transfer Wheelchair was also not suitable to be used as a Poolside Transfer Wheelchair. It had rusted quite a bit, the arm rests had come loose and the padding on one side had fallen off revealing sharp edges. I thought it would be nice to see a wheelchair that was intended for use around water which are made from either stainless steel or PVC Pipe.

After I sent my original concerns to the Accessibility Advisory Committee, they contacted me and immediately tried to work with me to come up with solutions. They did tell me it was going to be a long process because of the cost of the required items and updates, but they continued to look for solutions to help me get back swimming.

In the Summer of 2016, they were able to get a pool wheelchair and I was exclusively using the ramp and new pool wheelchair.

The pool wheelchair was better suited for transfers in and out of the pool than the old transfer wheelchair. However, the ramp was so steep it was still necessary for two people to assist me out of the pool. The ramp also has a couple spots where the front casters of the pool wheelchair got stuck in. I got to the point where I was so scared I was going to tip over or my support staff would get hurt that I once again had to stop going to the pool.

The Accessibility Advisory Committee informed me that they were continuing to look for grants and other funding options to complete my requests.

On April 12th 2018, I received an email from Karen Keiffer ... "The Municipality is pleased to announce that we were successful in our application for the Enabling Accessibility Grant. The funds received will enhance access to the pool by renovating the existing family change room to make it accessible with new flooring, an accessible shower, privacy partitions, an adult change table as well as a new pool lift. Plans are currently underway to make the above a reality and we are confident that this will be completed in 2018. The committee looking after this project is currently in the process of finalizing the design for the change room so that the renovations can move forward."

The renovations and pool lift took some time to complete but in early Spring of 2019 things were finally complete.

I am so happy to tell everyone that on September 23, 2019 I finally started swimming again!

I am so proud that I stood up for what others like me might need in the community for Accessibility and I am so thankful that the Accessibility Advisory Committee and The recreation department at The Davidson Centre supported me through this process and valued my opinion. I really appreciate the work that everyone did to find grants to pay for these upgrades

and I am proud to live in this community.

- Randy Smith

JobsWork Employment Event a Success



October was National Disability Employment Awareness Month and, to acknowledge this, JobsWork hosted an employment networking event on October 7th, 2019.

The event was attended by over 35 business owners, managers, and job seekers. A panel of 6 local business owners and managers attended the event to answer questions about their experiences with inclusive hiring and the impact it has had on their businesses.

The message conveyed by these panelists was that when you match a person's skills and abilities with a job that they are able to do, the whole business will benefit. Support from JobsWork to match and train new employees has resulted in successful and sustainable working relationships between JobsWork participants and their employers. The employment opportunities offered by these inclusive employers have enabled JobsWork participants to find meaningful employment where they can learn and grow their skills.

Following the panel discussion, attendees enjoyed a light lunch and an opportunity to visit booths from 11 local inclusive businesses to gain further information and insights on how businesses have been able to on-board employees with Disabilities to meet their staffing needs and tap into an under-employed pool of local talent.

To learn more about our JobsWork program, visit [our website](#).

JOBSWORK

ARE YOU A PERSON WITH A DISABILITY SEEKING EMPLOYMENT?



BASIC ELIGIBILITY CRITERIA AN ELIGIBLE PARTICIPANT IS AN INDIVIDUAL WHO:

- self-identifies as having a permanent physical or mental disability that restricts his or her ability to perform daily activities;
- Youth between the ages of 15 and 30,
- is legally entitled to work in Canada;
- requires assistance to prepare for, obtain and keep employment or self-employment;
- is not eligible for assistance under Employment Insurance (EI) Employment Benefits or any similar programs.

If you meet this criteria, sign up for our free JobsWork Employment program.

Contact Aimee: (519)396-9434 Ext 223

akim@ckkd.ca

Fire Prevention Week with our Local Fire Department



October 6th to October 12th was Prevention Week. This year's theme was "Be a Hero in Your Own Home. Plan your Escape!"

CLKD had the opportunity to celebrate our Home Escape Plans with the Kincardine Fire & Emergency Services during fire prevention week. Fire Prevention Officer Shane Watson and Fire Chief Kent Padfield spoke to us on the importance of creating and practicing escape plans. They congratulated everyone on knowing how to safely exit their home.

Do you have a plan? If not, now is the perfect time to do this.

1. Assess the needs of everyone in your home.
2. Make sure you have **working** smoke alarms on every floor of your home and adjacent to all sleeping areas. Working alarms = non expired/ new batteries and it works when you use the test button.
3. Identify all possible exits from each room (try to have 2) (doors and windows) make sure they all open.
4. Everyone must know what to do when the smoke alarm sound this is where you develop your Escape. Things you need to include in your plan are: where to meet outside; assign someone to help anyone that may need assistance; get safely out of your home. **Don't go back** into your home, use your cell phone or a neighbours phone to call 911 for assistance.
5. Practice your Escape, as we learnt today, at least 2 times per year.... We practice ours every month!

We greatly appreciate the time and the effort that Fire Prevention Officer Shane Watson and Fire Chief Kent Padfield put into supporting us with our plans.

CLKD meets with them yearly to ensure Fire Safety Plans are up to date and that all of our Fire Safety Equipment is working properly. We also participate in a yearly evacuation.

Thanks for a great afternoon of learning! We look forward to our continued community partnership in Fire Prevention.

Randy Recognized for His Volunteer Work



Randy Smith recently supported the Kincardine Fire & Emergency Services by volunteering at the Annual Beef BBQ. He was given a Thank you card and an Emergency Services Appreciation badge for his contribution.

Cooking Class with Bruce Botanical Gardens



In October I went to a couple cooking classes at the Ripley Community Center put on by Bruce Botanical Gardens.

The first class we made side dishes and the second class we made soups. All the dishes that we made were vegetable based.

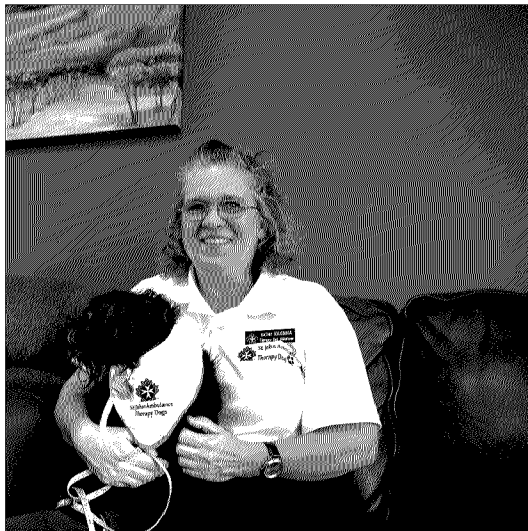
These classes showed me how to eat healthier and taught me essential cooking skills and techniques.

The recipes were easier to follow than I thought they would be for looking so fancy! The cauliflower bites were my favourite and I like to make them at home now too.

These classes were also a great way to bring the community closer together. I would recommend this class to anyone who loves to cook and is interested in trying new recipes.

- Alyssa

Shaylah Achieve's St. John's Ambulance Therapy Dog Certification



In the July newsletter, we introduced you to Shaylah and Kathy. Kathy has been a therapy dog handler for 27 years with the St. Johns Ambulance Therapy Dog Program. Shaylah was working hard to achieve her St. John's Ambulance Therapy Dog Certification and become Kathy's third certified dog.

Kathy recently stopped by to give us the good news that her bouncy little girl, Shaylah, finally held in her excitement long enough to pass the testing and become a certified Therapy Dog.

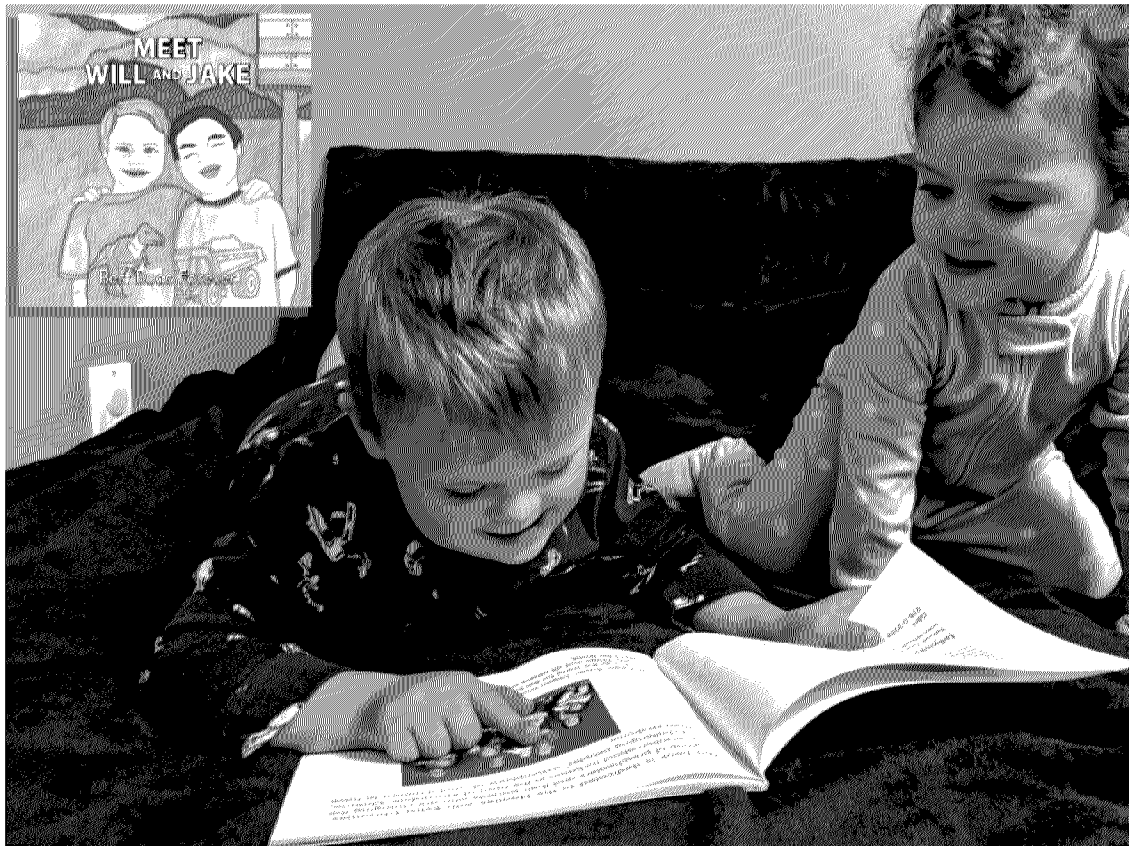
"The certification allows us to go anywhere. I am very excited to be back with Shaylah." Said

Kathy.

Congratulations to Shaylah and Kathy.

If you would like to book a therapy dog visit to your location, reach out to your nearest St. John's Ambulance branch.

Meet Will & Jake Celebrates 1 Year!



It was one year ago this month that the Homies with Extra Chromies group and Infant Development Program celebrated their official book launch of the story 'Meet Will and Jake, Best Buds Forever'.

What an accomplishment to realize their dream of publishing a children's book that features representation for those with Down syndrome, celebrates inclusion, and promotes acceptance and awareness. We are all so thrilled with the reception over the last year and we cannot believe how far our book has taken us!

The highlight has been visits to all local schools, with children asking amazing questions and showing true open-mindedness and acceptance. The group also participated in book readings

at many Bruce county libraries, parents groups, nursery schools and more. So many parents voiced agreement with our goal of introducing children to the ideas in the book at a young age, how nice to see such support for inclusion in our home community! Over 700 copies have been sold to date, including in such faraway places as the UK and Australia. The book is available online at various retailers in many countries and the feedback has been humbling.

These homies and their parents truly are changing the conversation about disability and inclusion and making a positive impact on all those they meet along the way. Please continue to support our project as 'Meet Will and Jake' enters a new phase. This year the focus will be getting more online attention, educating about the book and its important message on facebook and blogs. We ask all our fans to share the word with friends and leave reviews online so others can hear about this great opportunity to add inclusive materials to their home libraries. Christmas is coming and giving 'Meet Will and Jake, Best Buds Forever' as a gift is a wonderful way to help children in our lives foster more inclusive friendships.

The book is available at Community Living's main office at 286 Lambton Street, Kincardine as well as the following websites:

[Chapters Indigo](#)

[Amazon](#)

[ebay](#)

Do you have a photo of yourself or your family reading about the fabulous friendship of Will and Jake? Snap a photo and send it to our social media team at cmc@ckd.ca.

SAVE THE DATE
GIVINGTUESDAY
December 3rd, 2019

Community Living Kincardine & District will be taking part in the annual "Giving Tuesday" campaign again this year with funds raised being directed to support the Youth Connections program. Last year the annual "Giving Tuesday" campaign raised \$4,000 to support our children and youth programming.

Youth Connections is a 16 week summer program featuring activities for youth with developmental disabilities that work to bridge the gap between youth and adulthood by offering opportunities to work on individual goals and build strong ties to the community. This may include: volunteer opportunities, independent skill building or attaining their high school volunteer hours. Youth Connections also includes activities that focus on social skills and peer building within the community.

CLKD is honoured to announce that Matthew Moore of Moore Wealth Management of RBC Dominion Securities Inc. will be matching your donations up to \$1,000!

Follow our Giving Tuesday campaign on [Facebook](#) December 3rd, 2019.

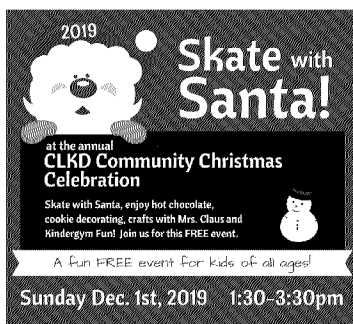
Upcoming Events & Activities



Canadian Down Syndrome Week

November 1-7th, 2019

Canadian Down Syndrome Week is our week to show the world that Canada is where ALL people are valued, fully participating citizens. It is our week to celebrate people with Down syndrome and teach others to "See the Ability."



Community Christmas Party

Sunday, December 1, 2019

Davidson Centre, Kincardine

Join us for a community celebration of the season! Free skating, kindergym, cookie making, hot chocolate, crafts and visit with Santa Claus and Mrs. Claus! Everyone welcome to attend this free event.



Giving Tuesday

December 3, 2019

Get ready for the great Canadian Giving Challenge! Give to a cause you care about this year. Follow us on Facebook as we raise funds for our Youth Connections program.

To learn more about CLKD and and/or the Youth Connections program, visit our **facebook page, website** or connect with us by email: **cmc@clkd.ca**.

To learn more about CLKD's services and events, visit our website!



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