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COMMUNITY LIVING

Kincardine and District



Inspiring Possibilities

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

Celebrating Community Living Month

May was Community Living Month... and we celebrated in a big way!

MyFM kicked off Community Living Month by airing messages about CLKD's programs and services while staff and CLKD members celebrated inclusion with our friends at the local elementary schools with the annual Walk for Inclusion. On May 15th, we invited the community out to "A Night to Celebrate Abilities" at Ainsdale Golf Course. Read on for more details about these events.

Walking for Inclusion with our Schools!



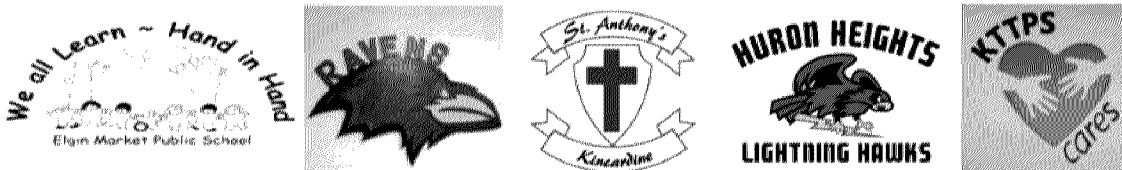
In the beginning of May 2019 during Community Living Month, CLKD held school-wide assemblies, with special guests from Kincardine District Secondary School and their mascot, Dwight the Knight. After the assemblies, the students, teachers and CLKD members set off together on their 'Walk for Inclusion' with music blaring and lots of smiles and excitement! All five Kincardine elementary schools participated and approximately 1500 kids set the pace, letting their town know that they support inclusion and treating others with respect.

Students came together to raise funds in support of CLKD's programs and services, and **Bruce Power** helped to sponsor the walks again this year! We are thankful for the support that will help to provide valuable services for those with developmental disabilities in our community.

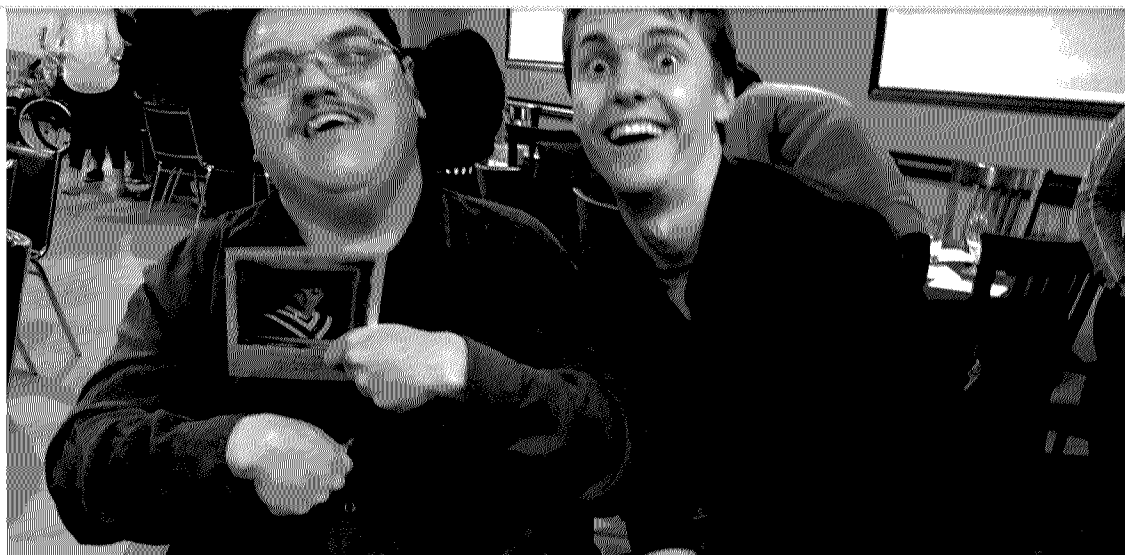




Our thanks to Ripley Huron Community School, Huron Heights, St. Anthony's, KTTPS, and Elgin Market Public School for hosting us and helping us to spread our message of inclusion!



A Night to Celebrate Abilities

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Top: MC Randy Smith hanging out with Micheal McCreary after the show. Left: Performers KiSara Right: Rick Hansen Foundation Ambassador Julie Sawchuk

On Wednesday May 15th, in Celebration of Community Living Month, CLKD packed Ainsdale Golf Course for "A Night to Celebrate Abilities".

This event was an awareness raising evening that highlighted people's skills and talents through public speaking, comedy, and musical performance. The cocktail evening featured singing group KiSara with guest drummer Tyler McKay, Comedian Michael McCreary and Rick Hansen Ambassador Julie Sawchuk.

The crowd was entertained by local MC's Phillip Craig and Randy Smith, while Kincardine's very own "Accessibility Man" Josh Easton spoke about his physical disability and how it disappears when he enters the gaming world where everyone plays with the same abilities.

Community Living Kincardine and District acknowledged our 2019 Partners Inspiring Possibilities with awards going to the Kincardine Recreation Department and the Homies with Extra Chromies group.

The Kincardine Recreation Department has been a valued partner of CLKD's for many years. Their profound hospitality, eagerness to learn about, and implement additional supports for people living with different abilities, has made them an irreplaceable asset in our Community.

The local parent group 'Homies with Extra Chromies' were for their development of the modern, kid-friendly book "Meet Will and Jake, Best Buds Forever", and for using this book to spread the message of inclusion. Copies of the book are available for purchase at the Community Living Kincardine and District Office on Lambton Street.

the Kincardine and District residents for participating in, volunteering at and supporting our initiatives. We couldn't do what we do without the support of our community and for that, we are truly grateful.

After hearing about the event in the planning stage, Courtney Bridge of RBC proudly donated her RBC 150th Anniversary, \$150 to help support the event. Inspired by what the evening was about, she took the lead on securing an additional \$1,000 from RBC to contribute to the evening. Courtney and 6 other RBC volunteers helped with set-up, registration and stayed to enjoy the evening.

The event was an amazing success and we are already talking about what we should do next year!



RBC Volunteers pictured with Catherine Evans and Amanda Wencel from CLKD.



"AspieComic" Michael McCreary was diagnosed with Asperger's Syndrome at the age of five. At age 13, in an act of self-preservation - combined with the desire for constant attention and the inability to stop talking - he began stand-up comedy. In the past 5 years he has performed stand-up shows, keynote addresses and panel presentations in every province in Canada and across the United States.

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Performers "Kisara" (Kim Souch and Sara Sobey Souch) are a mother-daughter musical duo whose Kaleidoscope Ride Tour has taken them throughout Ontario and across Canada. Their family's journey through Autism and ASD has culminated in Kaleidoscope - a musical celebration of abilities and life.



Rick Hansen Foundation Ambassador Julie Sawchuk taught high school science for 18 years before teaching a new topic - life . After sustaining a spinal cord injury from a collision between a car and her bike, she now lives life with paralysis. Julie is on a mission to spread awareness and inspire others while focusing on accessibility in the community, sharing the road, helmet safety, distracted driving, mental health, the importance of community, determination, fitness & health and living with paralysis.

In The Studio with MyFM

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Devon Burrows in the recording studio with MyFM's Gord Dougan.

Devon Burrows and Colin Graham visited MyFM to record messages for May's Community Living Month. Devon had lots to say about his involvement with the Youth Connection Program and the recent cooking classes he attended while Colin chatted about CLKD's Infant and Child Development Program's services and activities he, and the rest of the Graham family, participates in.

Listen here:

[Infant and Child Development Program](#)
[Youth Connections](#)

Enjoying the Music



One of their favourite bands, The Good Brothers, performed at Jubilee Hall in Walkerton and the guys had a great time. Donald was rocking so hard he almost upset his chair! After the show Rick and Donald were fortunate enough to get a photo with the band and they were all smiles.

A week later the guys were at it again! This time Rick and Donald took in the Johnny Cash Tribute concert at the Lucknow Legion.

Both gentlemen are music lovers. Not only do they enjoy listening to music, but they also play music and take lessons locally at Pick Studios. Donald specializes in the spoons and drums and Rick rocks the guitar.

The guys are looking forward to even more music concerts this summer!

Dance, Dance, Dance!



As we stand in the wings of the stage waiting to go out for the curtain call, we can't help but look back on yet another amazing season of Fusion dance with Sangha.

Every Thursday for the past few months, Miss Chrystal has worked with us on warm up dances and our number for the performance on May 4.

At the start of the season she showed us a few moves from different hip-hop dances and we got to vote for which one we would do for the performance. A couple weeks into learning, Miss Chrystal found out that a lot of us are really big fans of country music. Just like that, we changed our routine to a line dance to a country song for the performance instead.

This year, to open the show, Miss Chrystal asked us to join in with dancers from all of her classes for one big opening number. It was great to be on stage with them. It also helped to get some of the nerves out before our song.

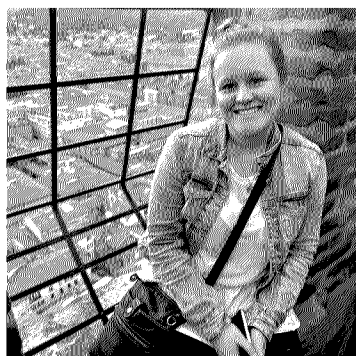
"It's great to dance with everyone and help the younger dancers off the stage" - Fusion Dancers

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us:

As the music starts and we head out to take our final bow for the season, each and every dancer is filled with pure joy and excitement to be part of such a fun accomplishment. We're all already excited for our next recital!

Meet Brooke - Leader of CLKD's 2019 Youth Connection Program!



Hi everyone! My name is Brooke Leppington and this is my first year as the Youth Connections Team Leader at CLKD. I am very excited to have the opportunity to lead this program and am looking forward to a great summer with the youth!

This fall I am going into my 4th year of school at the University of Guelph-Humber in Toronto. At school I am studying in the Family and Community Social Services program. I have lived in the Kincardine area my entire life. Some of my favourite summer activities to do here are going to the beach, hanging out with my friends, and going for walks with my dog.

The path that I have taken to end up in the position as the Youth Connections Team Leader has been a long one; one that started when I was in public school in Ripley! In grade 7, I was introduced to the Buddy program at the Kincardine Summer Day Camp. This program had student volunteers working one-on-one with children who needed extra support at camp throughout the summer. I volunteered with this program for 2 summers. After those 2 summers, I started working for CLKD as a respite worker at camp. I was a respite worker for 4 summers. These summers were so much fun, and I loved every minute of them!

In high school, I had the opportunity to complete a co-op placement at CLKD. I worked with the individuals who are supported in the CPSS day program. We did a lot of fun things like playing cards, walking on the walking track at the Davidson Centre, art class at Trillium Court, and I even helped them with the play that they presented to all of the schools in our area! I enjoyed my time in that program and getting to know everyone was awesome!

I am looking forward to another fun and exciting summer with the youth in our Youth Connections program. I cannot wait to do all of the fun activities that we have planned with everyone!

– *Brooke Leppington*, Youth Connections

Watch for Brooke's Blog stories featured in our Summer Newsletters!

Upcoming Events & Activities

CLKD Annual General Meeting

June 21, 2019 at 9:30 am
Holiday Inn Kincardine

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Join us at the Holiday Inn Kincardine for our AGM.



Kincardine Women's Triathlon

July 13, 2019
Kincardine Harbour

Come on down to Station Beach and cheer on more than 350 women as they swim, bike and run in support of CLKD!



CLKD Charity Golf Classic

July 19, 2019

CLKD's 12th Annual Charity Golf Classic is set for July 19th, 2019 at Ainsdale Golf Course. **Click here or more information or to register!** Interested in Sponsoring this amazing event? Contact Catherine at cmc@clkd.ca.



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