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February 2020 Newsletter

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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.

Keeping the Beat at Pick Studio



"I've only ever seen Donny have one mood, and that's cheerful. He comes in every week with a

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Donald is a music lover, always attending live music events with family and friends including Jamborees where he played a bit of guitar and learned to play the spoons. Old country music such as Merle Haggard, Hank Williams Senior and Boxcar Willy are among his favourites.

Moving to Kincardine a few years ago opened even more opportunities for Donald to explore music. After trying out a few different instruments at Pick Studio, he found his passion in the drums and began taking lessons. The enthusiasm Donald has heading into the lesson and the smile on his face while he drums to his favourite tune says it all; he is not only a lover of music, but a musician.

"We have a great time singing old country songs by John Denver, Glen Campbell and Don Williams as well as some old hymns. Don will go back and forth between keeping steady time on the drum kit to miming violin parts in all the right spots. It's a joy to have Donny at the studio every week and his positive attitude is contagious!" said Patrick.

Donald may be a man of few words but his passion for making music is loud and clear.

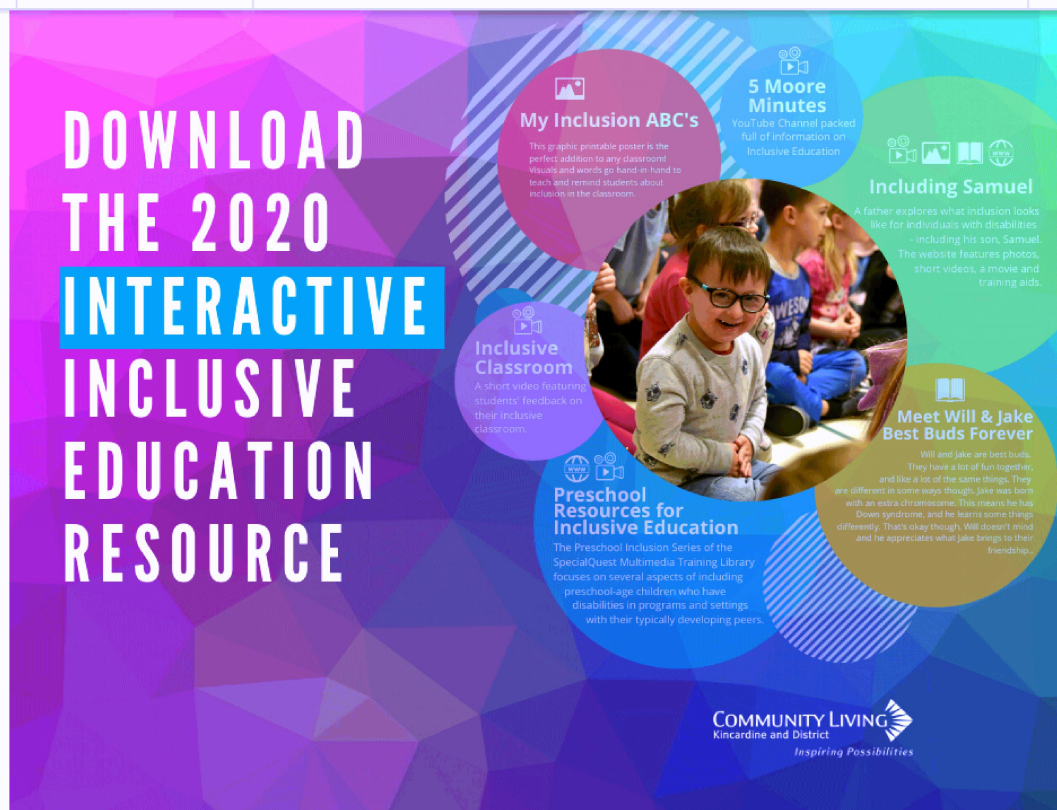


February is Inclusive Education Month which celebrates the commitment and efforts of teachers, administrators, students and families to include students with disabilities in all aspects of their school community.

Inclusive education means that all students attend and are welcomed by their neighbourhood schools in age-appropriate, regular classes and are supported to learn, contribute and participate in all aspects of the life of the school.

Inclusive education is about how we develop and design our schools, classrooms, programs and activities so that all students learn and participate together. Learn more by visiting <https://inclusiveeducation.ca/>

CLKD's 2020 Inclusive Education Resource is Ready!

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CLKD has redesigned the Inclusive Education Guide into a fun, interactive poster with links to great content about inclusive education.

[CLICK HERE to DOWNLOAD](#) a copy of our 2020 Inclusive Education Interactive Resource.

Fostering Inclusive Attitudes in Toddler and Preschool-Aged Children



During inclusive education month, we can reflect and focus on more than just school-aged children. Let's talk about how parents can foster the attitude of inclusion in their younger toddler and preschool aged kids as well.

Start by making sure you, as a parent, are talking about children with disabilities the same way you would discuss other peers with your child. Say hello to them and their parents at daycare pick up and drop off, encourage your child to befriend them the same as any other child. If your child mentions the disability in any way, such as them not speaking or walking, use this as a teachable moment about how not everybody is the same but that we all feel happy when others are kind and include us.

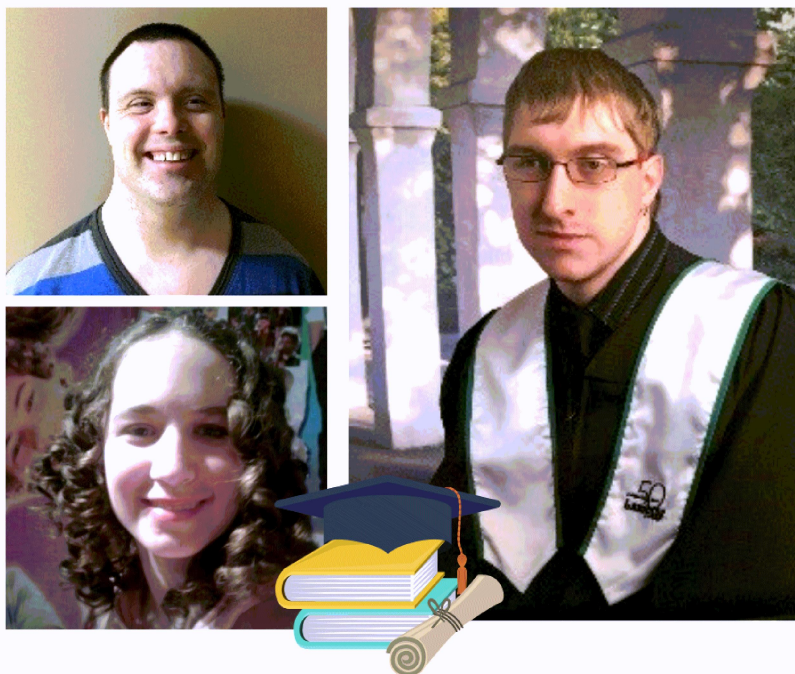
If you have more information about the child you could even say something like "so-and-so may not use words, but they sign or use their picture cards!" or "I bet so-and-so still likes when you speak to them though!". Talk with your child about how they can include the child. For example, if your kid likes to play ball you could talk about ways to play ball with the child who may not be able to kick it.

Always answer questions as honestly as possible in age-appropriate ways. If you aren't sure how to respond to a question or comment, ask the preschool teacher or even the parent them self. Most parents are open to discussing ways to include their child!

When you see a parent of a young child with a disability out in the community, make sure you are being inclusive then too! If you would normally talk to other parents of same aged kids, talk with the family of a child with a disability in the same way. Ask them how old their child is, compliment their beautiful eyes or cool wheelchair, introduce your child, find something they have in common or a shared interest. Do your best to include parents and children with disabilities in parent groups, story times, playgroups and at the park. When we act as if disabilities are just a normal part of every society and nothing to fear or tip-toe around, our children pick up on that and learn from us. When they see you treating a child with a disability the same as their other peers, they too will internalize that and learn to include them. Everybody, at every age, wants to feel as though they belong. As parents, we can start laying the foundations early in life!

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Thinking about college?



The **Community Integration through Cooperative Education (CICE) program** is designed for individuals with cognitive disabilities and learning challenges who require academic accommodations and modifications for success. This program provides students with opportunities to enhance their academic and vocational skills in courses and field placements. Integrated courses are modified to students' specific academic abilities and strengths. Students are supported by Learning Facilitators who accompany students to class and provide additional academic support.

"I never imagined that I would ever be able to attend college until I found the CICE program. The level of acceptance that I found while in the program was incredible. We became a small tight knit group of life long friends." - Josh Easton, who attended Lambton College in Sarnia

"Going to Sault Ste. Marie for college was great and I really liked it. It was a big but good experience! I took classes and learned to work with food while I was there." - Adam Dunlop, who attended Sault College in Sault Ste. Marie

"I am glad that I chose to go to college and I believe that the part of college that I liked the most would be meeting new people and forming new friendships as well as learning skills that will benefit me in the future." - Lucy Matheson, who is attending Conestoga College in Kitchener

Follow these links for more information about this program:

<http://teentransition-lk.org/Education/87>

<https://www.ontariocolleges.ca/en/programs/education-community-and-social-services/inclusive-education>

New Year, New Skating Goals

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Marianne showing off her new skating skills!

I love skating. I love watching my family play hockey and I love watching the Bulldogs. I have been skating with CPS but this year, I am really working hard to skate without a chair or the boards to help me.

At the beginning of the month, Erin Froom volunteered to help me reach my goal of skating without a chair. She is a skating coach and knows a lot about how to help and teach me.

Erin shows me different things and helps me to do them. Some of these things are making sure I keep my head up for good posture, practicing lifting one foot at a time, and doing squats on skates. Erin is always right there with me and will hold my hands to make sure I can do these things the right way.

I'm already starting to take a few strides on my own, and feeling so much more confident!

I hope to write another article in a few months to share how much more I can do on skates with everything Erin is teaching me!

- Marianne

Health, Fitness and Weight Loss

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Jeffrey celebrating his 27.5 lb weight loss through Bodies in Motion.

In January 2019, I joined Bodies in Motion and so far I have lost 27.5 pounds!

I found Bodies in Motion because I knew Mona, who runs it. Mona and the other ladies have been so nice to me and so supportive that Bodies in Motion is now one of my favourite places to go.

When I first started, my goal was to feel healthier and stronger, now I do. I think that most of my weight loss is from all my healthy eating. Bodies in Motion really helped me and taught me about how to eat healthy.

Snack time was the hardest to cut out, and hot chocolate too! I still have some treats, but Bodies in Motion has really helped make sure it's not all the time.

The ladies are never upset when I have a bad week and they always support me in getting back on track and cutting out the snacks.

I have learned some skills this past year as well. I love to help make some of my meals and have become very good at chopping with a knife.

Another thing that has helped me with my weight loss is all the exercise that I do. I have been going to hockey games and the walking track. When I first started walking the track, it was hard to do 5 laps but now I can do 15 with no problem! Since I've been walking more, going out has become more fun, and I've been to most all of the Bull Dog games where I meet my friends and hang out. I am very proud of myself.

FOCUS

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FOCUS Accreditation looks at all aspects of how an organization provides services – from how people are supported to the effectiveness of the operations. October 28-31, 2019 FOCUS Accreditation sent a team of four people to review Community Living Kincardine's services on-site.

The team observed how services were provided, reviewed data, and collected input from various people who have a stake in the services being provided.

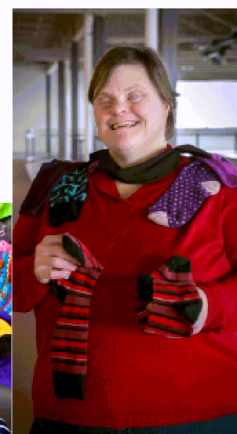
Many strengths were identified at CLKD by the FOCUS Validators and we are proud to announce Community Living Kincardine & District has achieved another 4-year Accreditation.

Congratulations to all of the CLKD employees for their dedication, passion and hard work. Thanks to your efforts, CLKD is viewed as a progressive leader in the Developmental Service Sector.

Lots of Socks 2020



2020 LOTS OF SOCKS
REGISTRATION IS
OPEN!



The Annual Lots of Socks Window Display is back!

Last year over 80 local businesses decorated their windows to celebrate, and show support for individuals living with Down Syndrome in this community and around the world.

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and interests in front of the camera to produce this year's "Lots of Socks" portraits.

Registration is now open for businesses who wish to participate in the 2020 window display and compete for the "Golden Sock Award". Please email cmc@clkd.ca to register. Registration is required to receive a poster. Deadline is February 14th.

Upcoming Events & Activities

CLKD Monthly Parent Coffee Group

on the last Thursday
every month

CLKD Office
286 Lambton Street
Drop in!



Parent Coffee Group

February 27th, 2020

Join us at the CLKD office, 286 Lambton Street, Kincardine for a the drop-in parent coffee group.

Please contact: Jolene Shelton at jshelton@clkd.ca for more details.



Inclusive Education Month

February, 2020

Inclusive Education Month highlights inclusive education, provide educators, students and parents an opportunity to share ideas and strategies to enhance inclusion and successful school experiences for every child and to acknowledge and recognize the commitment and effort of those who contribute to successful inclusion of students in schools and classrooms throughout Canada.



Pink Shirt Day

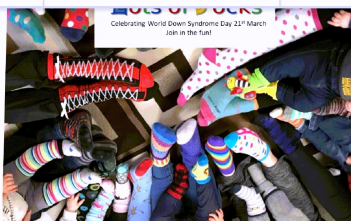
February 26, 2020

Pink Shirt Day is a **day** when people come together by wearing **pink shirts** to show they are against bullying. The focus for **2020** is "lift each other up."

World Down Syndrome Day

March 21, 2020

Next month includes World Down Syndrome Day and our annual "Lots of Socks" campaign. Get involved by wearing your bright, polka-dot, mismatched, striped or favourite knee high socks on March 21st as we celebrate the members of our community who are living with Down Syndrome.

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Display contest. Contact Catherine at cmc@clkd.ca for the registration package and more details.

You could be the next Golden Sock Award winner!

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



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