April 2020 Newsletter

Community Living
Kincardine and District

Inspiring Possibilities

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

Meet Jen and Vy!

[Images of two individuals in snowy outdoor setting with dogs]
Here’s what Vy had to say about the match:
"Our match was perfect. I actually responded to a request for someone to walk with an adult who enjoyed the outdoors. I have two midsize dogs that I walk daily in the woods and I am often by myself so I thought, why not share my time outdoors with someone.

I met Jen in the Fall. She makes me laugh and she is willing to try anything. We have followed deer paths, we have bush whacked, and we have been out in all kinds of weather.

If I look like I am going to fall, Jen will grab me and hold me to give me balance and we laugh. I call myself the "old lady" and her the "slow poke" and we laugh at the predicaments that we get ourselves into. My dogs love her too and they have learned her sounds, so often times I don’t have to call them back to me, Jen does, and they come. She is delighted that they listen to her. My dogs put their heads on her shoulder as soon as she gets in the car. I look forward to the Spring when we can get out on our bikes together too!" - Vy

"I love going walking with Vy. I like being in the fresh air. I like talking to and watching Moxie and Molly run and they like me!" - Jen

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**NATIONAL VOLUNTEER WEEK 2020**
**APRIL 19-25**

#NVW2020

[Volunteer.ca/NVW2020]

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**A Mutually Beneficial Volunteer Matching Process**

At the heart of CLKD’s volunteer program, you will see connection.

True human connection is one of the most valuable things we can provide one another. Through our volunteer program at CLKD, we strive to facilitate connections that are as natural as possible so both the supported individual and the volunteer feel equally engaged and fulfilled.

Instead of taking a list of needs and a list of volunteers and simply placing people into slots to fill holes, we are specifically looking to find the right fit for each need. Our goal is for volunteers to feel successful in their role as a volunteer, and to understand that their time, skills and talents are valuable and can be put to very good use.

There are two ways we’ve been successful at finding the right fit. When a community member walks in with an interest to volunteer, we use our screening process to learn as much as possible about the volunteer, their interests and desires. At the same time, we encourage people we support to reach out to us with activities they are interested in doing, or skills they want to work on that can be supported by a volunteer. We are then able to offer suggestions of matches to the volunteer and the supported individual based on their expressed interests.

If we have a specific volunteer need, we have started a direct call out where we are able to identify needs or wishes via Social Media platforms (for example, someone looking to learn
We’ve had some amazing success stories of how this process has benefited both parties in the match and has created new and lasting friendships.

We are so thankful to our Kincardine community for answering the call, getting connected, and helping us to achieve our mission and vision for the individuals we support!

- Amanda Wencel, Volunteer Coordinator

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**Volunteering, Connecting and Being Included**

What is a volunteer? By definition, a volunteer is someone who is willing to take on a task, or to help out with an activity, but volunteers are so much more.

At Community Living Kincardine & District, volunteering is about connection. A deeper sense of community. It is teaching and learning about inclusion, breaking down barriers, and getting involved in any way possible.

For some it is about both giving and receiving.

"I like when my volunteer comes to help me learn new skills, and I love helping out at the school." - overheard at CPS.

We are very fortunate to be part of both sides of volunteering. We enjoy helping out in classrooms, at school programs, town events, the Good Food Box, and many other places in our community. We are grateful to those that volunteer their time to help us learn new skills, keep us accountable with our fitness, and just generally elevate our days.

We are building friendships and relationships while we’re out volunteering. We look forward to catching up with people that we’ve volunteered with in the past. It grows our inclusion and our sense of community because we get to stop and chat when we see them during our everyday activities - like grocery shopping, or at our workplaces. Volunteering is an enriching experience for everyone!

Kincardine is a great community to be part of, and we enjoy the opportunities getting to know more people as well as giving back whenever we can.

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**2020 Lots of Socks Ends in a Close Race!**
It was an "edge of your seat" battle between defending champion Robert Q Travel Kincardine (left) and Kincardine Dentistry (right), who pulled out all the stops with their lively video in support of our "Lots of Socks" Campaign and World Down Syndrome Day.

Despite the world’s current situation, the 2020 "Lots of Socks" campaign was the biggest yet. This year saw approximately 90 businesses participate in the window display, an addition of the "Lots of Socks" poster contest for kids and lots and lots of photos of people "rocking their socks" in support of World Down Syndrome Day.

To everyone who participated, followed us on social media, reached out for interviews and shared our campaign, thank you!

Messages of support, awareness and inclusion rang throughout the submitted posters and window displays and we cannot be more thankful to be a part of such an amazing and inclusive community.

Each year we are lucky enough to hear stories from visitors to our community who are so moved by the window displays that they write to us here at CLKD and share their experiences. Over the years we’ve had visitors who have filmed the displays to share with their loved ones and visitors who return year after year to view the displays and to see the support that pours out from the windows.

This year’s theme of "We decide" was undeniable in the outstanding portraits captured and crafted by volunteer photographer Jamie Edwards of JME Photography. Our models truly demonstrated their individuality and personality in their photos this year and in the studio. Each one of our models decided on their own photo theme, based on their interest, and prepared for their shoot accordingly. Thank you to our amazing models for showing up and shining bright! We look forward to this campaign each year, and each year we are so overwhelmed by the amazing support.

Congratulations to our "Golden Sock" award winner, Kincardine Dentistry, and to our runner up and last year’s winner, Robert Q Travel Kincardine. It was a VERY close race which kept us all at the edge of our seats!

Honourable mentions go out to the following businesses: KTPS, OPP Kincardine Detachment, BMTS, Finchers, BDO and 2M Power.

Thank you all for another successful year, we can’t wait to see what you come up with next year!
Small Town Hockey Produces Big Fans!

We all know that Kincardine is known for their beautiful boardwalk, beaches, trails, pipe bands and amazing spirit, and now, we can add Hockey to our list of joys!

Thank you to the Kincardine Bull Dogs for graciously donating regular seasons passes. What a great way to come together with friends on a cold winter evening or afternoon and a great experience for us to learn what it is like to be part of the hockey Community.

The games were thrilling. Watching the players skate so fast, passing the puck back and forth down the ice and feeling the energy from the crowd in the arena and taking part cheering on the Bulldogs with friends was exhilarating!
For fans like Jeffery VanDeKlippe, 2019/2020 was his first season supporting the Bulldogs.

"It is my first season going to all the home games. I really enjoy watching the games, it’s my favourite thing to do in the cold winter months. My favourite players are Danny Skinner, #27 and Tyler Sutter, Assistant Captain #24. I love it, especially when they are winning. I did get a bit upset when they lost. I was really sad when they were knocked out of the playoffs but they played well against a very hard team…Wingham Ironmen. I plan to be back again next season cheering on my favourite team…Go bulldogs go! And next year I am hoping they win it all!"

"Thanks so much for the passes I love the entire team. Someone asked me who my favourite player was... I don’t pick favourites, it’s a team sport and they are all the best at what they do! I just love the game!" - Allan Moore

"I am a huge fan of the bulldogs, I have been for years. My favourite player is Brett Burrows, he’s the captain, #15. Thanks so very much for the passes they were awesome!" - Alyssa McPherson

"The Bull Dogs are the best. I even traveled to Walkerton during the playoffs to cheer them on!" - Randy Smith

- Kaitlin

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**Smile in the Face of Social Distancing**

What to do in the new reality of “physical distancing”?

Let’s start exploring what a relationship could be without the physical component...will this actually make us more distant, or is this an opportunity to engage at a more meaningful level?

Peter Marks, A Centre for CONSCIOUS CARE, wonders “how often loneliness is the most painful part of living with a disability or having a chronic illness”, identifying that we busily go about our daily routines, getting things done, without the “I” behind eye contact.
a similar state in the other person. Reflect on your own experience; what is it about a person or friend that somehow, always makes me feel better? It’s called neuron mirroring...calm begets calm. Usually, at the centre of this is authentic and conscious kindness and compassion.

Yes, Covid-19 is a major disruptor in today’s reality, but remember, everyone has the power of positivity and the ability to override that normal initial reaction of anxiety, worry and fear. It does not just happen; those same people who make you feel at ease have worked hard to create this state of calm. You can too if you pay attention.

Keep your distance. Make eye contact and SMILE.... Just Google “what chemicals are released when you smile” and see what happens!!

In Demand Products Means a Road Trip for Donald!

With supplies low and the need to keep things safe in his home, Donald traveled to Stratford to visit Junction 56, a distillery that is doing their part to fight COVID-19 by creating a new line of product; hand sanitizer!

“We realized there was a shortage of hand sanitizer, and we made 100 little bottles to give to our customers so they would have something. When we did it, our phone started ringing off the hook, and we were shocked and overwhelmed by the need”, said owner Mike Heisz.

He says the World Health Organization (WHO) has a recipe online for DIY sanitizer so they thought they would give it a try.

“We did have to find a few things to get to [the end product], but essentially the main active
Heisz adds they are practicing social distancing as a business by offering curbside delivery for locals looking to purchase supplies, and taking products out to customer’s vehicles to limit face-to-face transactions for those who are picking up their order.

Donald saw this to be true first hand as they met him at the door with his hand sanitizer. Great service, and a much needed product, all at a reasonable price!

Donald enjoyed the drive, which helped him pass some time as he practices social distancing to keep his community safe!

Great find Donald!

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**Upcoming Events & Activities**

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**World Autism Awareness Day**
April 2, 2020

A day when we come together to raise awareness of Autism Spectrum Disorder (ASD) around the world.

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**National Volunteer Week**
April 19-25, 2020

Help make this National Volunteer Week extraordinary. Let’s join together and ensure the 12.7 million Canadian volunteers we count on receive a well-deserved round of applause. **It's time to applaud this country's volunteers.**

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**May is Community Living Month**
May, 2020

Community Living Month is an opportunity to celebrate our commitment to an inclusive and caring community where citizens of all abilities are welcome and valued.

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To learn more about CLKD’s services and events, visit our website!
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Community Living Kincardine & District
286 Lambton St.
Kincardine, On N2Z 2Z3
Canada

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