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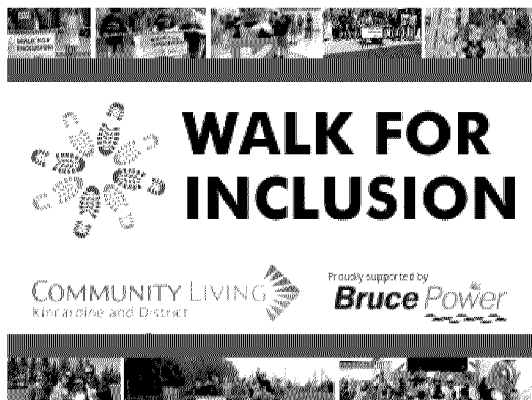
COMMUNITY LIVING

Kincardine and District

Inspiring Possibilities

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

CLKD's Walk for Inclusion



In 2018, to celebrate Community Living Month, raise funds and help children learn how to include their peers of all abilities, CLKD hosted their first ever 'Walks for Inclusion' at 4 area schools. CLKD members and staff visited 59 classrooms at schools in Kincardine and Ripley to talk to students about disability, acceptance and to share the message that we are all more alike than we are different. We reached over 1200 students, and the walks were a great success!

This year, we're back again, and we're excited to have Elgin Market Public School on board with us! A big thank you to all of the schools that are participating, as well as Kincardine District Secondary School for their help providing a "pep crew" for our assemblies.

Starting April 29th we're back in the schools doing classroom visits with interactive activities about inclusion that are geared to the different age groups of students. During the 2nd week of May, we'll be running the 'Walks for Inclusion' at 5 schools.

Students really connected with the message and with our members last year, and we are looking forward to getting to know the kids even more and encouraging them to participate in our mission of providing an inclusive community for all!

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- Monday, May 6th: **KTTPS**
- Tuesday, May 7th: **Elgin Market P.S.**
- Wednesday, May 8th: **Ripley Huron Community School**
- Thursday, May 9th: **Huron Heights Public School**
- Friday, May 10th: **St. Anthony's School**

CLKD wishes to thank **Bruce Power** for their generous support for the 2nd year in a row of this outreach and fundraising initiative.

Belmore Maple Syrup Festival



Rick and Donald took in all the action at the 52nd Annual Belmore Maple Syrup Festival last month. Aside from enjoying the all-you-can-eat pancakes, the gentleman enjoyed tapping their toes to an afternoon of Country Music from Try County.

The Belmore Maple Syrup Festival is ran by approximately 300 volunteers organizing the entertainment, prepping batter and cooking and serving pancakes to well over 6,000 hungry guests.

The pancake batter requires 600kg of flour, 80kg of sugar, 80kg of shortening and baking powder, approximately 200 dozen eggs and 700 litres of milk - That is a lot of pancakes!

Catherine's Swim Meet Success

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"Congratulations on your first swim meet! I was very proud to have you as my athlete." - Coach Marg

I have always enjoyed the water and swimming but never really thought about becoming a competitive swimmer until I moved to Kincardine. Some of my friends were telling me about the Friday night Special Olympics Swimming and in October I decided to join the group.

I have been learning lots from my coaches and on March 30th I went to my first swim meet at the pool in Hanover. I was very nervous and excited at the same time. I was so excited and proud to learn I placed 1st in the 25m Freestyle, 2nd in the 50m Breaststroke and 4th in the 50m Freestyle.

I plan to continue with my swimming and look forward to the next opportunity to compete in a swim meet!

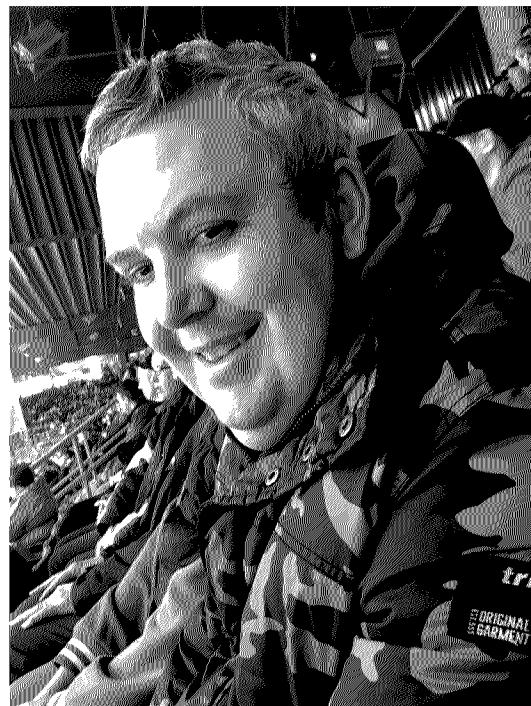
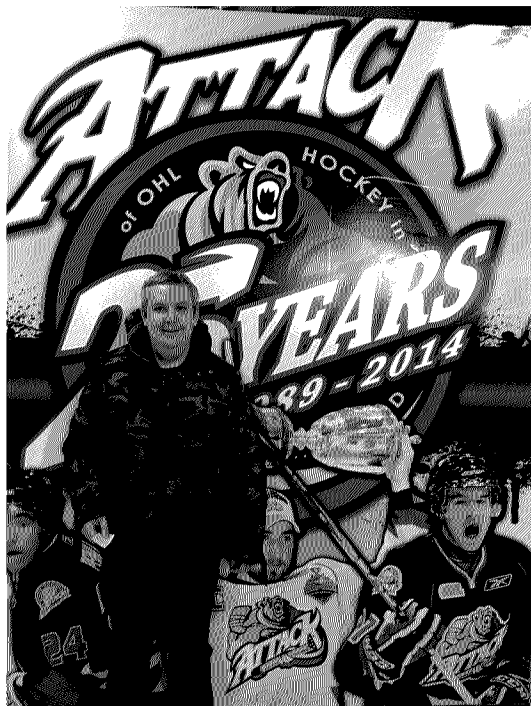
- Catherine Benjamin

**Thank you to the
Kincardine Health & Wellness Fair!**



The **6th Annual Health and Wellness Fair**, organized by Glenis and Nicole Vardy raised a total of \$8585.70 for Community Living Kincardine & District! Thank you to Glenis, Nicole, Marshall Paterson, the volunteers, vendors and all the visitors who helped to make the Fair such a success!

Allan on All Things Hockey



I have been attending the local Kincardine Bulldogs hockey matches and cheering them on, however one of my personal goals this year was to attend an Owen Sound attack game.

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played game cuts and wins. I so there was a lot of action on goal. I got to meet the seventh skater who was holding the Owen Sound attack flag. I had a great evening.

I would also like to go to see a Leafs game but will have to start saving for that! I am looking forward to watching the playoffs.

This my story from when I used to play hockey... I dreamed of one day of being a professional hockey player.

Hi my name is Allan and when I was 20 years old I played hockey in Owen sound with my team called the Owen sound Greyhounds.

One time I managed to get a hat trick. I got a goal against the Hanover Timberwolves by skating past the other guys and taking control of the puck right in front of the goalie. I took a slap shot and the puck got past the goalie's legs and the crowd cheered. I felt so happy.

One of the other guys on the other team got a 15-minute penalty for high sticking because he was mad because they were losing.

I managed to get a second goal by going around the back of the goalpost and fired in my shot. It went in the net and the crowd cheered again. Someone threw a beer bottle onto the ice. They were mad that the other team was losing.

Then, I almost got into a fight with a player on the other team. He tried to trip me and get the puck away from me. But I spun around and made a u-turn and fired the puck towards the net and got my third goal. Everyone went wild and I felt like a champion!

We celebrated with wine, and we even got our picture taken with Wayne Gretzky!

That is a great memory for me and I enjoyed being able to relive some of my hockey memories and my story about watching the Owen Sound attack.

- Allan Moore

Conscious Care & Support



Lisa Thompson MPP, pictured above with Professor Peter Marks and Executive Director Andy Swan, and her office staff, supported this initiative by attending a portion of the training.

Acutely aware of some of the environmental challenges people are facing and the impacts they have on their well-being, Lisa acknowledges CLKD's progressive approach to support and services and has confidence in our ability to source out the best emerging practices.

CLKD staff and families immersed themselves in topnotch learning from one of the best sources

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Peter Marks, co-founder of Conscious Care and Support, skilfully led the group through a process of increasing their knowledge and understanding of Autism and Anxiety while providing practical strategies for successful and mindful support.

Peter brought a comprehensive, science/research based, deliverable approach to supporting individuals living with a Developmental Disability. The lessons covered numerous discoveries in the disciplines of biomedicine, mindfulness, social neurobiology, bilateral and bio-meridian activation, nutrition, gastrointestinal health, sensory integration, brain coherence and neurofeedback; the correlation between them the importance of each.

CSS is a two-step process, it's about supporting individuals with optimal care and support but, at the same time, looking at yourself as the support person to determine what you can do differently to enhance the lives of the people you are supporting.

The course teaches how to be, and the importance of being, present and mindful when supporting people, especially those who are living with a developmental disability. This workshop respectfully acknowledged traditional strategies for managing behaviour such as use of PRNs and ABA programming while challenging the status quo of support.

Community Living Kincardine and District is committed to investing in people, staying current and further building on our quality supports and services. Conscious Care and Support is one of the many courses the staff at Community Living Kincardine and District have had the pleasure of completing. CLKD is looking forward to fully implementing the tools and learning's from this course and sharing this knowledge with others.



Upcoming Events & Activities



A Night to Celebrate Abilities

May 15, 2019 at 6pm
Ainsdale Golf Course, Kincardine

On May 15th Community Living is hosting "A Night to Celebrate Abilities" at the Ainsdale Golf Course. This cocktail evening will be filled with jokes, music and inspiration from featured guests "The AspieComic", Comedian Micheal McCreary, Singer KiSara, Speaker, Writer & Advocate, Julie Sawchuk and Local MC's Randy Smith and Phillip Craig. Mark your calendars! Tickets can be purchased at CLKD.

Ontario Autism Program Telephone Town Hall

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public consultations on how children and youth with autism, including those with complex needs, can be better supported. This is the largest consultation on autism in the history of the province. To register visit www.ontario.ca/autism.



CLKD Charity Golf Classic

July 19, 2019

Save the date - CLKD's 11th Annual Charity Golf Classic is set for July 19th 2019 at Ainsdale Golf Course. Watch our **Facebook page for details.**



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