

SIGNS OF SHARING

Canadian Deafblind Association-NB Inc. Newsletter



New Brunswick/Nouveau Brunswick

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Celebrating 35 Years!

As part of our celebrating 35 years and Deafblind Awareness month, many clients, intervenors, family members and staff gathered at the Canada 150 sign (a few facts about the Canada 150 sign —there are only 19 of these signs across Canada; it weighs 3 tons and measures 1.82 meters by 10.97 meters)





Message from Executive Director Kevin Symes

Where does the time go? Here we are putting the CDBA-NB fall/winter 2017 newsletter together. This year at CDBA-NB there were a few changes. Several of our Board of members retired from CDBA-NB after a number of years of service. I would like to thank Doug & Alma Page, as well as, Dwain McLean for their service to CDBA-NB. They will be missed. This year, Tim Fox has joined the Board. Welcome Mr. Fox, I look forward to working with you.

There have been changes in the administration staff at the office as well. As you all know by now, Jennifer Jewett has moved on to other challenges in her career and I wish her well. Jody Brewer has moved up into this position and I know that she will be easy for the Interveners to work with. Kelsey Roberts has been hired to fill the role of administrative assistant. Of course, Shari and I are still here, we are becoming just part of the furniture.

At CDBA-National, there has been changes there, as well, as far as CDBA-NB is concerned. NB has 2 representatives at the National level. They were Dwain McLean, as NB rep. and David Brown as Member-at-large. With Dwain's retirement, David has moved to the NB rep. position and Renee Landry has joined the National Board of Directors as the member-at-large. Renee has been a CDBA-NB Board member for 4 years. She worked for CDBA-NB a number of years ago as an Intervenor. She completed her schooling and a few years later, returned to CDBA-NB to join the Board of Directors.

This year, we also added some new equipment in our Snoezelen Room with donations from Telus and the Ladies Auxiliary of Knights of Columbus Council 130. As well, we opened our Teaching Kitchen with a donation from The Fredericton Community Foundation. I would like to thank all of our supporters for their wonderful gifts. I would also like to encourage all of the Interveners to work with Kelsey to set a date and time to come to the CDBA-NB office and take advantage of the services we have for you and the clients in Fredericton. It is great to have these types of things in place and I would really like to see them used more by all of our Interveners and clients.

To the Interveners and parents, I would like to invite you to share your ideas on how we can make CDBA-NB better. I know life can be very busy, however, it is only by working together and sharing ideas will we improve our services and supports for our clients. This is the reason we are all here, to make the best quality of life for those that we care for so much. If you have ideas for in-services, workshops, parent conference or other types of services that we could use to serve you and the clients, please feel free to reach out to any one of the staff at the office. I know Jody will be going around the province over the next few months to meet with parents, clients and Interveners. You can feel free to share your thoughts with her at that time as well.

One of the events that I know many of us look forward to each year is camp weekend. I was very pleased with how well the weekend went this year. Without volunteers like CDBA-NB Board member, Robert Johnson; Shari's husband, Wayne Ross and the other cooks and helpers, camp would be quite different, so, a big thank you. I would like to thank Shari, from the office, for all her organizing and planning that goes into this event. Also, a very big thank you to the CDBA-NB Interveners, for without you this event could not be possible. I want to thank you for taking the weekend away from your families to make this such a great event for the CDBA-NB clients.

I wish you all well and look forward to another great year!!



Message from the Editor, Shari Ross

Welcome to the 41st Edition of "Signs of Sharing".

Celebrating 35 years continued throughout the summer and fall.

In July, our clients and Intervenors enjoyed a day trip to the Huntsman Museum in St. Andrews. In September, we held our 29th camp. This year's theme was "Under the Sea", which was one of our best yet. On December 14th we are hosting a Mardi Gras Murder Mystery Dinner and Fundraiser.

I would like to congratulate Jody her new position as Manager of Intervention Services and welcome Kelsey as our new Administrative Assistant/Snoezelen Room Coordinator. Many of you may remember Kelsey as our summer student a few years ago.

Thank you to those who have submitted to this edition. If you have anything you would like to submit for the June issue, please do so by April 30th. Have a wonderful winter!

Meeting accessibility and etiquette

As organizations dedicated to inclusiveness, we must ensure our business practices are accessible to everyone, including those with vision loss. Please consider the following recommendations for accessibility and etiquette in all aspects of your meetings, including plenary and small group discussions and activities:

General etiquette

Introduce others: Participants with vision loss may not know who else is in the room, or how many people there are. Introduce each person by name and indicate where he or she is in the room or around the table relative to the participant with vision loss. For example, "To your left is Jack Smith; two meters in front of you is Susan & Taylor."

Orient participants to the room: Describe the layout of the room, whether it is square or narrow, how many tables and chairs there are, how they are arranged, whether there are objects such as water glasses or candies on the table, and where the refreshments and washrooms are located. Use specific directions such as "straight ahead," "forward," "left," and "right" (instead of something vague such as "over there"). For example, you might say, "There is a table in the middle of the room, about six feet in front of you." Or "There is a coffee table on the left side of the door as you enter."

Announce yourself when arriving or leaving: Announce yourself to participants with vision loss when you're entering a room and when you're leaving their presence, even if it's just for a moment – "I'm just going to the ladies' room – back in a moment," or "Goodbye, Andrea. I'm heading off now!" will usually do the trick. Make sure that they're in contact with a tangible object such as a wall, table or chair. It means they're not left stranded in an open space, talking to someone who's already left the room.

Continued on page 9



Message from the
Manager of Intervention Services,
Jody Brewer

Hi everyone

In July, as many of you know, I took over the position of Manager of Intervention Services. During the past 4 years, as the Administrative Assistant/Snoezelen Room Coordinator, I worked closely with the previous Managers of Intervention Services thus enabling me to step into the Manager of Intervention Services position much easier. I have an open door policy, any questions or concerns that you may have, feel free to contact me at any time (programs@cdba-nb.ca). I look forward to working and learning with you to make our experience at CDDBA-NB Inc. a positive one. I would also like to welcome Kelsey Roberts, as our new Administrative Assistant/Snoezelen Room Coordinator. She is a real asset to our office.

This year has been another exciting one with our day trip and our annual camp. On our summer day trip with the clients, Intervenors and families we went to St. Andrews. We enjoyed shopping and visiting the Aquarium (where we got to use our different senses). Our annual camp was in September, as always, it was a great time. There were lots of activities and fun was had by all. The theme for this year's camp was "Under the Sea" and I personally think this was my favorite camp. The holiday season is getting close and CDDBA-NB Inc. participated in the Santa Clause parade in Fredericton for the second year. Everyone that went had a great time. It shows a lot team spirit when people take time out of their busy schedules to get together for an event like this with our clients.

In closing, I just want to say how much I look forward to working with you all in the future and have a great holiday season.





Message from the Snoezelen Room Coordinator, Kelsey Roberts

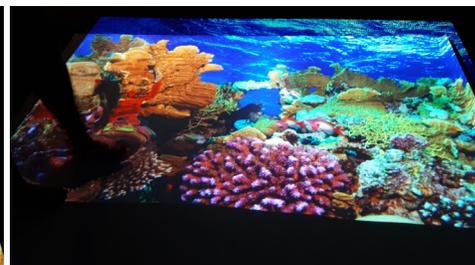
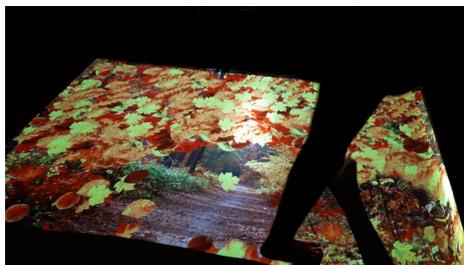
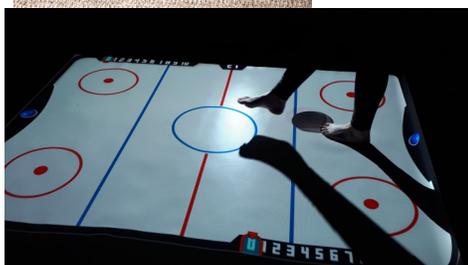
Hi everyone!

I am the new Administrative Assistant/Snoezelen Room Coordinator. I worked as the summer student here two summers ago and I am very excited to be back at CDBA! I am still getting into the swing of things, but I am really enjoying getting to spend more time with you all and look forward to planning some fun themes for the Snoezelen Room!

On an even more exciting note, the Gesturetek Cube has arrived! Intervenors and clients have been having a blast using the Cube to play lots of games and watch interactive images that are projected onto the floor.

The “Teaching Kitchen” is also up and running in the office! We have various baking ingredients and supplies for Intervenor’s and clients to come work on their skills in the kitchen.

This is the Gesturetec cube. It displays interactive images onto the floor.



The Lorna Thompson Memorial Snoezelen Room.

Who is Lorna Thompson you ask...In September 1996, Lorna Thompson a CDBA-NB consumer, age 64, was diagnosed with pancreatic cancer. Doctors said it would be a matter of days or weeks before she passed away. Lorna was deafblind. She was born deaf in Salmon Creek near Chipman and went blind when she was 47. When she found out she would soon die, she asked CDBA-NB if she could be remembered somehow after her death. She loved camp and children, So though it was many years after her passing, in her honor, the Snoezelen Room was named after her.



Teaching Kitchen



Deafblind Awareness Month

CDBA-NB hosted two bowling events to celebrate deafblind awareness month

One in Fredericton and the other in Moncton.



By Special Invitation Tom McFadden (CDBA National Executive Director); Carolyn Monaco (CDBA National President); Sandra Owen-Peters (CDBA National Board Member) and Kevin Symes (CDBA-NB Executive Director) attended a reception in Ottawa in recognition of Deafblind awareness month co-hosted by the Honorable Yonah Martin, the Honorable Jim Munson and the Honorable Vim Kochhar

Client Adventures and Fun!

Steve, Moncton client and Vikki, Intervenor.



Paulette, Moncton client and her Intervenor, Natasha.



Adam, Chipman client, enjoying a bike ride.

Craig, Moncton client, enjoying a day "relaxing".

Matthew, Bathurst client, out picking strawberries.



Meeting accessibility and etiquette continued from page 3

Running a meeting or discussion group:

State your name before speaking: Ensure that each person states his or her name each time before speaking, throughout the meeting. “This is Steve speaking,” is sufficient.

Be clear in facilitating group discussion: When facilitating a group, state the name of the person to whom you are speaking and let it be known when the conversation is at an end. For example, “Sarah, could you please outline your ideas...Thanks, Sarah. That answers my question.”

Avoid relying on non-verbal communication: Remember that participants with vision loss will probably not notice non-verbal communication. Don’t rely on it to make a point.

Keep noise to a minimum: Rustling papers, tapping fingers on the table, etc., are distracting and interfere with communication.

Avoid side conversations when there is a main speaker: Not only is it rude, but since a person with vision loss relies on hearing to obtain information, extraneous noise is distracting and makes it difficult to concentrate on the information being presented.

Verbally describe visual aids: Verbally describe any visual aids you are using so that people with vision loss are able to use the information contained in them. Provide a copy of the slides, charts, or overheads in alternative format to the participant with vision loss before the meeting to allow him or her to follow along with the presentation. Participants with vision loss may not be able to see information presented on a flipchart, so ensure that the presenter regularly summarizes key points.

Describe and accessibly format presentations and videos: PowerPoint presentations in particular can be a challenge for participants with vision loss. Describing the content is a must but paying attention to things like contrast, font type (serif vs. sans serif) and brightness and eliminating distractions such as animation can make your presentation much more accessible. If using videos ensure that they are described.

Clarify the order of handouts: When handing more than one item to a person with vision loss, state which item is on top, in the middle and on the bottom.

Offer assistance in filling out forms: However, if the presenter knows ahead of time that this will be required, notify the participant with vision loss in advance so he or she can be prepared, either by bringing an assistant, a CCTV (closed circuit television), or a laptop computer.

Read any inaccessible material aloud: Be prepared to read aloud any written information not made available in alternative formats, such as PowerPoint presentations. Read in a normal speaking voice, at a normal pace, without skipping any information.

Client Adventures and Fun! (continued)



Eddy, Fredericton client, feeding the ducks.



Vanessa, Moncton client, out picking pumpkins.



Matthew, Bathurst client, making doggie treats.

Amanda, Intervenor, with Sheena, Fredericton client, at the CDBA-NB garden.

Client Adventures and Fun! (continued)



Owen, Fredericton client, at his sister's football game.



Adam, Chipman client, visiting the Country pumpkin.



Vanessa, Moncton client, enjoying a freshly picked apple.



Sheena, Fredericton client, at the CDBA-NB garden.

Marilyn, Saint John client, visiting the SPCA.



Client Adventures and Fun! (continued)

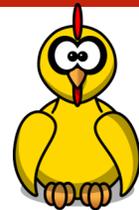


Lyndon, Fredericton client, visits the SPCA.

Eden, Fredericton client, ready for Halloween



Kelsi, Fredericton client, with her Intervenor, Carly, visit the barns at the Fredericton Exhibition.



Matthew, Bathurst client, enjoying 4-wheeling.



Corey, Fredericton client, in the Snoezelen room.



Business over Breakfast

Tuesday, November 21st, CDBA-NB Inc., along with the Fredericton Chamber of Commerce hosted Business over Breakfast (7:30 AM—9 PM).

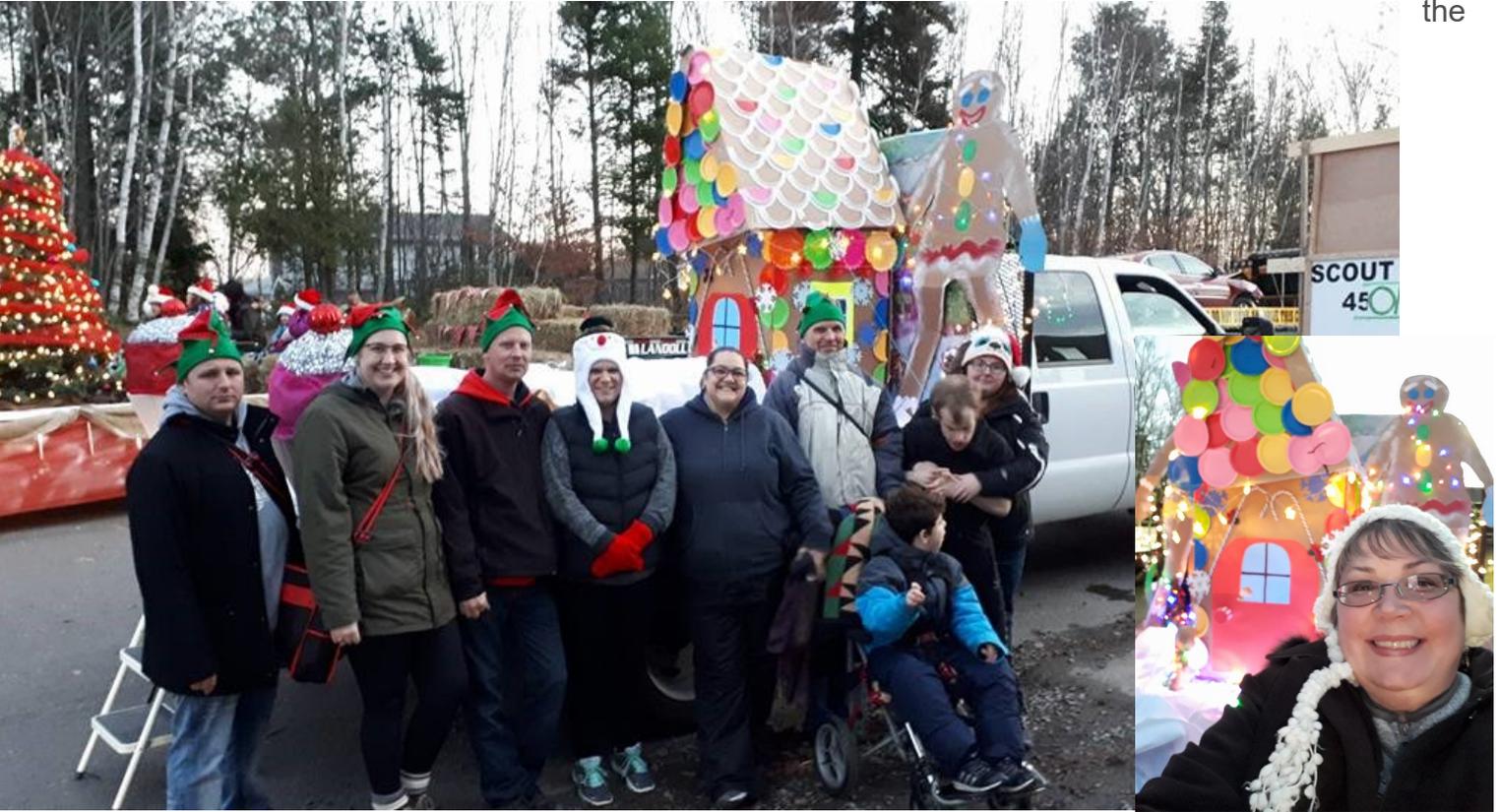
Approximately 40 business professionals from the Fredericton area visited the CDBA-NB office where they learned about CDBA-NB services and programs. They had a chance to explore the Snoezelen Room and “play” with the Gesturetec Cube. One lucky person won two tickets to the Mardi Gras Murder Mystery Dinner and Fundraiser on December 14th.

Thank you to the Fredericton Chamber of Commerce and all those who attended.



Santa Claus Parade — Fredericton

CDBA-NB put a float in the Santa Claus parade! Wow...what fun we had creating it. Thanks to all who helped build it, set it up on parade day and joined us in the parade. Thanks also to Trius for the



Recipe Corner

Chocolate Coconut Mashed Potato Candies

Ingredients:

CANDY

3/4 cup mashed potatoes

4 cups flaked coconut

4 cups powdered sugar

1 tsp almond extract

CHOCOLATE COATING

6 oz semi sweet chocolate pieces

4 squares semi-sweet chocolate

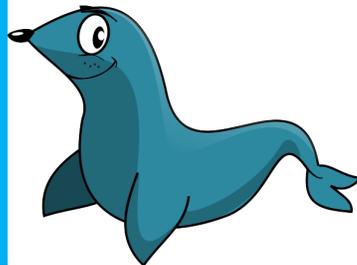
1/3 bar or block of paraffin wax



Directions

- 1. Combine all ingredients except coating; drop by teaspoonful on waxed paper*
- 2. Roll into balls; refrigerate 1/2 to 1 hour. If mixture is too soft to form balls, refrigerate first then roll into balls.*
- 3. CHOCOLATE COATING: Combine all coating ingredients in the top of a double boiler. Melt over hot water, stirring occasionally, until ingredients are blended.*
- 4. While still in the double boiler dip rolled balls using tongs, candy dipper or 2 fork into chocolate, coating all sides. Place on waxed paper. Place in refrigerator to firm up. Store in tightly sealed container.*

Day trip to Huntsman Aquarium in St. Andrews, NB



CAMP 2017

“Under the Sea” was the theme this year. It was an amazing camp...some say the best yet. The “tent” was decorated to look like you were under the sea. Survivor was all ocean related games and activities; Ocean BINGO was enjoyed; Sea related crafts were made; Saturday evening was the “Enchantment under the Sea” dance where campers got up to dance if their number was called. The winner of the Colleen Smith Camp Spirit Award was Steven Robichaud of Moncton!



“Sheena did great taking part in the group game survivor. She played a few games when asked and cheered her team mates on. She was pumped for the dance. She danced almost all night with her friends. She even had the chance to sing one of her favorite songs. She had a blast! Sheena had an awesome time!”
Amanda, Intervenor

“Owen got to do a lot of the activities which was nice to see him involved. Overall, had an amazing time and so much fun.” Sarah, Intervenor

“Michelle danced when her number/category got called. She signed with those she was familiar with and also enjoyed patting Regal the dog.” Katie Jo, Intervenor



“Patrick met many new people and socialized with everyone. He managed very well for the first time at camp. Patrick and I really enjoyed the whole camp experience.”
Lou Ann, Intervenor



Camp continued



"Jamie really enjoyed every recreational activity over the weekend. He participated freely and willingly to all activities. He was very excited about the dance and very much enjoyed it. He was very social and friendly to all consumers and to all parents and Intervenors. Very polite and kind to everyone all weekend. Jamie is very playful. He loves a good laugh and to tease others. Another great year at camp. Hats off to all those who organized it." Christina, Intervenor

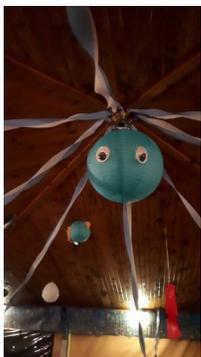
"Corey attended all social activities. Corey enjoyed the company of everyone."



"Lyndon enjoyed making sailor hat and really enjoyed doing crafts. He did well participating with his team in survivor. He participated in all team activities. Lyndon somewhat participated in the dance. He danced a bit and seemed to enjoy activities happening at the dance." Chloe, Intervenor



"Tiffany enjoys socializing with people, she really enjoys her time she gets to spend with her friends at CDBA outings. Overall we had a very good



"We decorated a sailor at with Kelsi and she had fun playing 'peek-a-boo' with it and laughed when we took turns putting it on our heads and taking it off again. Kelsi had a blast dancing at the dance party with everyone. It was the highlight of her trip. Kelsi was very happy to see everyone and greeted everyone with lots of hugs and waves." Holly and Carly, Intervenors

"Vanessa enjoyed the hand tracing on the surf board and enjoyed the excitement of everyone in a large group. She sat attentively listening to sights and sounds. Always a fund relaxed weekend." Natasha, Intervenor



Camp continued

“Jedd loved the survivor challenge and the treasure castle. Arts and crafts were at the top as well. He loves his sailor hat. Jedd loved the Saturday night dance party and getting to make his grand entrance and solo performance. He sits with someone different each meal. He even learns a few signs so he can communicate with everyone each year.”
 Shirley, Intervenor



“Paulette loves to do crafts and socialize with her friends and camp members. She loves talking and interacting with the campers and staff. Camp is a highlight of her year.”



“Craig participated in everything! He got up and danced 4 times! Craig got lots of high fives, hugs and waves. Extremely happy and willing to do everything. Making Craig smiles as much as possible was my goal. Goal succeeded J”. Shanna, Intervenor

Camp continued



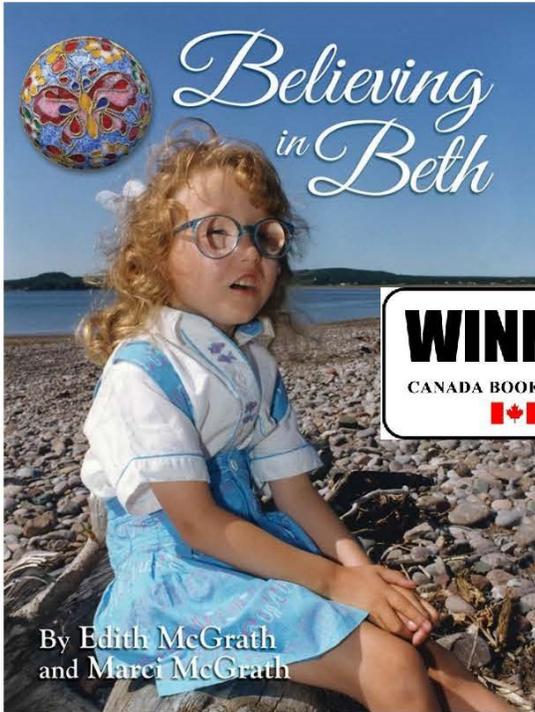
“Cathy Jo participated in all activities. Really enjoyed dance party and interacting with new staff and friends. Overall excellent experience.” Katrina, Intervenor

“Matthew enjoyed all the activities very much. He talked about camp for weeks and he was not disappointed. He smiled and laughed all weekend. Left camp talking about next year.” David, Intervenor



“Kevin did so well participating in each and every activity. I was pleased to see Kevin dancing. He had an amazing time. He always behaved like such a gentleman. Every year Kevin leaves camp with so much joy in his heart and memories. He participated in every activity while taking pictures he will cherish for a lifetime.” Lise, Intervenor





Beth was a consumer with CDDBA-NB for many years. "Believing in Beth" is an amazing book written about Beth by her mother and sister.

May 29, 2016 was the book launch at the St. Martin's Community Center. In photo, Lisa Bennett, Beth's former Intervenor; Shari Ross, Office Manager; Edie McGrath, Beth's mom and author; Jody Brewer, Administrative Assistant and Jennifer Jewett, Manager of Intervention Services.



Believing in Beth

Believing in Beth is a true story that shares how the birth of one special little girl, Beth McGrath, turns her family's life upside down. As a result of Congenital Rubella Syndrome (CRS), Beth continually struggles to escape into a world of her own. For the love of her daughter, Beth's mother Edie, is determined to make Beth live in her family's world.

We were so pleased that Beth, Edie and Earl once again joined us for Camp.

If you are interested in purchasing a copy of this book for \$15.95, plus applicable shipping, please contact CDDBA-NB Inc. at 452-1544 or office@cdba-nb.ca

A percentage of the proceeds from the sale of this book will be donated to the special care home where Beth resides. A donation will also be made to the New Brunswick Chapter of the Canadian Deafblind Association.



Cheque presentations

Michael Daniels, Director of the New Brunswick Children's Foundation of the NB Protestant Orphans' Home presents Kevin Symes, Executive Director of the Canadian Deafblind Association-NB Inc.(CDBA-NB) with a cheque in the amount of \$8,400.00 for their summers activities and annual camp for their clients. Also, in the picture from CDBA-NB is Jody Brewer, Administrative Assistant (at the time) & Jennifer Jewett, Manager of Intervention Services (at the time).



Bernice Nowlan of RBC presents Kevin Symes, Executive Director of CDBA-NB Inc. with a cheque in the amount of \$500.00.



Ghita Gaudet from the Ford Country Club presents CDBA-NB Inc. president, Michael Stewart with a cheque in the amount of \$2,000.00.

Kate Rogers, Executive Director of the Fredericton Community Foundation presents Kevin Symes, Executive Director and Tim Fox, Board Member of the Canadian Deafblind Association-NB Inc. with a cheque in the amount of \$2,345.00 for their Resource Room/Teaching Kitchen for their clients.



CRAFT CORNER

SOCK SNOWMAN

What you need

- 1 white sock
- 1 sock in color for the hat
- Rice
- rubber bands (or thread)
- colourful buttons
- ribbons
- glue gun
- markers or paint
- orange pom poms



Directions:

Start by filling your white sock with rice. You will need a hefty amount (we were quite surprised to see how much rice can go into one sock).

Once you are happy with the amount (and size) of your sock snowman tie the top with the rubber band. Take another rubber band and place in the middle – more to the upper side – of the rice filled sock to form the head shape.

Now glue the buttons to the bottom side by using a glue gun (glue dots do a fairly good job too).

Draw the mouth and eyes with a black marker or with black paint. We also added pink cheeks (Crayola washable paints were great for the job). We made the nose out of two orange pom poms – turned out amazing.

Add a ribbon for the scarf – we found that glue dots and glue gun work best for ribbons, while other glues kind of fail miserably. You can cut off excess white sock (or you can tuck it in the hat we will be making next).

Cut the colored sock (we cut the foot part, without heel). Roll it a bit and place it on the head of your snowman. You can leave it as it is or you can secure it with some glue.

This sock snowman is ready to rock.

Found on easypeasyandfun.com



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CELEBRATING

35 YEARS!

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