



New Brunswick/Nouveau Brunswick

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## Yarn Bombing 2021

*Deafblind International (DbI)*

[www.deafblindinternational.org](http://www.deafblindinternational.org)

We invite you to join us in June 2021, for a movement that will build awareness on a global scale in a fun and captivating way.

In June 2020, DbI teased an announcement during the month-long social media campaign. On June 27, we shared that our awareness initiative for 2021 will be yarn bombing (sometimes known as ‘knitfiti’); a form of street art where yarn that is knit, crochet, or wrapped, adorns an object in a public space. It is thought to have originated in the United States in 2005.

By coming together in June, to yarn bomb objects in as many cities and countries as possible, we strive to foster connections and unite a community with individuals, service and advocacy groups in the field, DbI members and partners, and the wider global public.

Regardless of whether your country, region, or organization celebrates deafblind awareness as a month, a week, or day, our combined efforts will create a stronger and united voice.

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# Message from Executive Director

## Kevin Symes



Well, here we are in the spring of 2021 and we are still under Covid-19 restrictions. I understand that it has been a little challenging for our Intervention staff to keep our CDBA clients programs going and keeping safe at the same time. However, I know that you are all doing a great job. We have all had to be a little flexible and creative over the last little while. If at any time, you have any questions or concerns, remember that Chantel, Jody and I are here to help in any way we can. I know that Chantel and Jody have been working with many of you, to insure that things go as smoothly as possible over the last year or so. I understand that there have been many challenges, however, I believe that things should start to return to a more normal situation soon. We must all work together to get there.

Last summer with the Covid-19 restrictions, we were unable to hold our CDBA-NB Camp. Unfortunately, at this time, we are not planning to hold a summer camp in 2021. However, depending on how things are looking this fall, we may plan to have the staff and clients together for some activities. The Board of Directors have moved the CDBA-NB Annual General Meeting to this fall, in the hopes of being able to meet in person this year. If it is still not possible to do this, then CDBA-NB will hold the AGM by video conferencing once again this year.

As you all can imagine, fundraising has been all but non-existent this past year. This money goes to many things to supplement Intervenor/client programs and activities. As we move to a more stable situation with the restrictions for Covid-19, I would like to ask you, if you have any ideas for fundraising activities, please contact the office. We would be more than happy to hear your ideas.

CDBA-NB will be taking part in an international yarn bombing event this year. June is disabilities awareness month and we plan this event for the first week of June. There are pictures and a write up in this edition of our newsletter. I would like to thank the CDBA-NB staff and Board of Directors for all their support in planning of this event.

As the weather gets nice and hopefully the restrictions from Covid-19 are relaxed, we will be able to get outside and enjoy some of the summer activities. I would like to wish the CDBA-NB Intervenors, office staff, clients, their families, as well as, the Board of Directors a great summer and hope that soon we will all be able to be together again.

Cheers all,

Kevin



### **Message from the Manager of Intervention Services, Chantel Whitman**

**Hi Everyone! It is hard to believe that summer is here! I hope everyone is excited for the summer months and will be able to enjoy the nice weather. The past couple of months have had some challenges dealing with Covid-19, but I look forward to life returning to a little more normal soon. I want to thank all of our Intervenors for their dedication and all of the work they do every day with our CDBA-NB client(s). We are lucky to have you as part of our CDBA-NB team!**

**Take care,  
Chantel**

### **Message from the Office Manager**

**Jody Brewer**



**Hello Everyone,  
I can't believe it that time again to write a message, for the newsletter, time goes by so fast. I want to thank everyone for all your hard work over the past while, I know there has been a lot of obstacles in your way, that have prevented you from doing everything you wanted to with your client(s). I hope everyone enjoyed the winter holiday and that everyone is having a great new year so far. We didn't get to do everything we usually do last year, because of Covid-19, but with lots of positive thinking, we hope we can have something special later this year. My hope is for everyone to enjoy their summer and make lots of memories to share with me for the next edition of the newsletter. Take Care and Stay Safe!!**

## Message from the President– David Brown



Hi Everyone,

In the last two newsletters, we have been dealing with reporting on the negative side-effects of Covid-19. Although not a lot has changed, the vaccine rollout seems to be progressing very well with the second doses to begin in the very near future. Hopefully, the next newsletter will be *much* more positive and nothing but good news.

Summer is approaching and it is great that we can spend more time outside. I am sure that our Clients and their Intervenors are very happy with that. The planning for our AGM will start early in June and we will take a wait and see attitude on how and when we will conduct the meeting.

I am confident that Kevin and the Staff will be working diligently on activities that the Clients and Intervenors will be able to partake in this summer.

So, for now, as always, please stay safe and keep your hopes up that the pandemic is on its way out.

**Dave Brown**

**President, CDBA-NB, Inc.**

# Yarn Bombing...

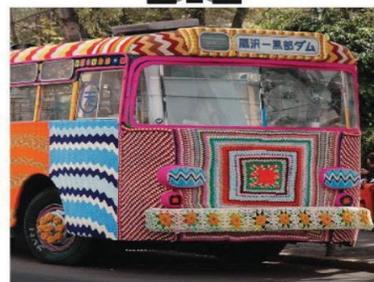
## Why Yarn Bombing?

Global yarn bombing for our 2021 awareness campaign is an exciting, fun, and creative way to engage members of the deafblind community in a largescale tactile art project. Each installation around the world will be constructed by people with deafblindness, their families and loved ones, advocates, Human support services/ Interpreter-guides/ Deafblind interpretation services/ Support Service Programs/ Intervenor/ Support Service Providers (SSP), and others in the field.

Each knit or crochet square will be attached to cover a designated community space or object. This symbolizes the coming together of people in the field of deafblindness. Our goal is to increase awareness and knowledge of deafblindness as a unique disability and to influence appropriate services for people who are deafblind around the world.

## COVID-19 and Yarn Bombing:

Please follow the necessary procedures and precautions in your country to promote the health and safety of your broader community.



# Yarn Bombing Info...



## Yarn Bombing for Deafblind Awareness

**June 2021**

### WHO:

We invite **YOU** to join us in a movement that will build deafblind awareness on a global scale.

### WHAT:

Global yarn bombing for our 2021 awareness campaign is an exciting and creative way to engage members of the deafblind community in a tactile art project.

### WHERE:

Worldwide yarn bombing installations!

### WHEN:

In June 2021; depending on the region, deafblind awareness is celebrated as a month, week, or day.

### WHY:

Each knit or crochet square will be attached to cover a designated community space or object across the world. This symbolizes the coming together of people in the field of deafblindness in celebration of deafblind awareness.

### HOW:

Please fill out and submit the Information Form to Sam Marren at [s.marren@deafblindontario.com](mailto:s.marren@deafblindontario.com) by **February 1, 2021**. You will receive monthly communications and social media materials to guide you through the process.

### COVID-19:

Please follow procedures and precautions to prevent the spread of COVID-19 in your country/region, and promote the health and safety of your broader community.

# Yarn Bombing Continued...



*Yarn Bombing*

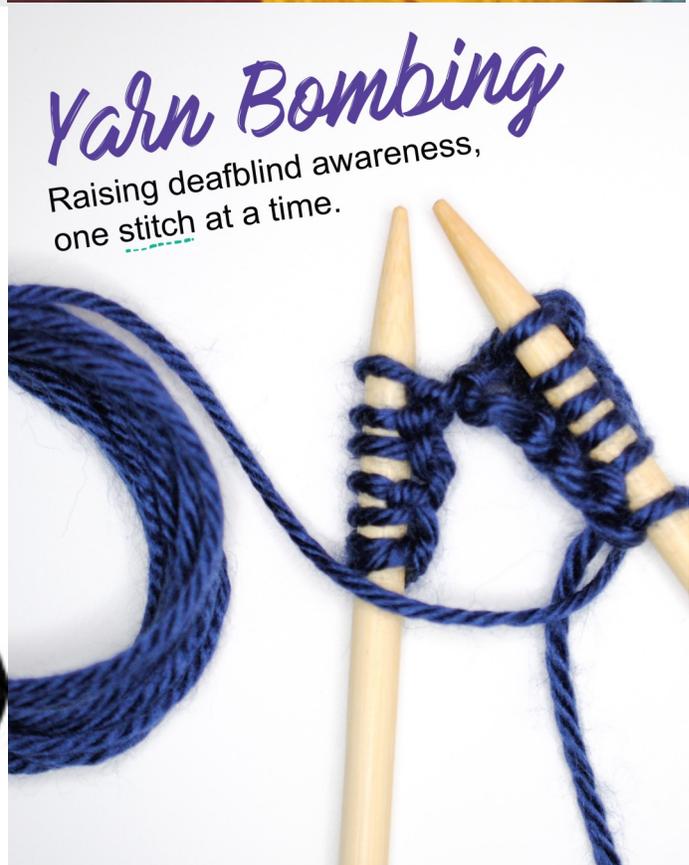
A form of street art where yarn that is knit, crochet, or wrapped, adorns an object in a public space.



**Global Yarn Bombing 2021:**  
A largescale tactile arts project



*Yarn Bombing*  
Raising deafblind awareness,  
one stitch at a time.



# CDBA-NB Yarn Bombing

A few clients, Intervenors and CDBA-NB staff were at the Legislature Assembly of New Brunswick building, doing our yard bombing activity. A big thanks to the Sergeant-At-Arms, for giving us permission to do this event on the property of the Legislature.



# Winter Fun



On the left,, our client Craig, enjoying his visit from Santa.

On the Right, our client Lyndon is enjoying making a Christmas craft.



Below, our client Matt, is showing off his gift that he purchased for his mom for Christmas.

Below, our client Eddy is enjoying making some Christmas crafts. Eddy is very crafty.



# More Winter Fun...



**Above: Kevin and Matthew, our Bathurst clients enjoying their Christmas dinner at Pizza Delight.**



**Above is the Fredericton Clients enjoying a sleigh ride for Clubhouse.**

**The last picture on the page is our Moncton client, Craig celebrating the New Year with his Intervenor, Dorothy and her son Robbie.**



# Intervenor of the Year 2020



**Congratulations to Holly, one of our Fredericton Intervenor, for getting Intervenor of the Year. Great job Holly!!**

# Summer Drink Recipe

## Watermelon Limeade

### INGREDIENTS

16 c. seedless watermelon pieces

1 1/4 c. fresh lime juice

Ginger ale, for serving

### Directions:

Puree watermelon in blender, then mix with lime juice. Add to watermelon dispenser. When ready to serve pour over ice and top off with a splash of ginger ale.

### How to Carve Watermelon:

1. Using a paring knife and working at an angle, cut around one end of the watermelon to create a lid, then scoop out the fruit with a metal spoon.
2. Hand-write “Enjoy” above with a spigot in marker, then use a linoleum cutter to trace letters and etch them in,
3. Fill with watermelon limeade, replace the lid, and position on an iron stand or a bowl.



# Craft Time

## Coffee Filter Butterflies

With just five supplies from the Dollar store and a few household supplies, you can tie dye coffee filters with washable markers to create dozens of Gorgeous butterflies.

### Materials:

Dollar Store Coffee Filters

Dollar Store Washable Markers

Dollar Store Chenille Stems (pipe cleaners)

Dollar Store Beads

Dollar Store Zippered Bags—Gallon Size

Spray bottle filled with water

Directions on next page (Page 14)



# Craft Time Continued

## Coffee Filter Butterfly Directions

### Directions:

1. Flatten out a coffee filter on top of a gallon size zipper bags. Draw random designs on the coffee filter with a variety of colors.
2. Mist coffee filter with water from a spray bottle and then let dry completely. Set aside to dry.
3. Create two tie-dyed coffee filters for each butterfly.
4. Fan fold two coffee filters to create each butterfly.
5. Stack fan folded coffee filters on top of each other.
6. Fold pipe cleaner in half and place both coffee filters one third from base. Twist the bottom loop of the pipe cleaner. Twist once above the folded coffee filters, creating a tight section.
7. Leave a 1/2" loop and twist again to create the butterfly head. Leave the antennae straight.
8. Open and fluff out the wings of the butterfly.
9. Thread a bead on the end of each antennae and curl into a swirl.

And there you have it! So easy and colorful!!



# Birthdays



## People who have celebrated Birthday's during this edition:

- Jamie— Fredericton Client
- Corey— Fredericton Client
- Lyndon— Fredericton Client
- Eddy— Fredericton Client
- Henley— Fredericton Client
- Richard— Saint John Client
- Wells— Saint John Client
- Craig— Moncton Client
- Katie— Moncton Client
- Patrick— PEI Client



# Snoezelen Room Info

## The Creation of at Home Snoezelen Rooms for Individuals with Exceptionalities

By: Krystal Gallant

The Snoezelen Room is a therapeutic and recreational room beneficial to people with sensory, cognitive and physical exceptionalities. It has been used in the treatment of children with special needs, individuals with developmental disabilities, those with mental illness and post-traumatic stress disorder, autism, chronic pain, stroke, brain injuries, dementia, and other conditions. It promotes relaxation or stimulation, from passive enjoyment to active decision-making. ([\http://www.peicod.pe.ca/snoezelenroom.php](http://www.peicod.pe.ca/snoezelenroom.php))\

Snoezelen rooms have been proven to help individuals who are deafblind, have Alzheimer's, dementia, autism, and many other forms of exceptionalities. However, the cost of a Snoezelen room can be upwards of \$50,000 and because of that reason, there are not very many Snoezelen rooms that individuals with exceptionalities have access to. To counter this, making Snoezelen experiences happen at home can be just as beneficial. To start, it is important to remember that every Snoezelen experience will be different for everyone. Some people may like the tactile sensory experience while others prefer the auditory or visual sensory experience so keeping the individual that the Snoezelen experience is designed for in mind is very important.

Items for a Snoezelen room can be purchased through stores designed to create products that meet the needs of the individuals by adapting various products to be more accessible and beneficial for that individual such as Flaghouse. However, dollar stores and home stores carry many products that can be just as beneficial and appropriate for the individual as the ones from the special stores at a lower cost.

### Examples of items that may be found in a Snoezelen room



For the purpose of this explanation, we will be exploring how to create an at home Snoezelen experience for individuals who are congenitally deafblind as many individuals who are congenitally deafblind are most comfortable at home and therefore, home would be the best place to do this kind of activity. Individuals who are congenitally deafblind sometimes experience a lack of sensory stimulation or sometimes the opposite, an overload of sensory stimulation and many are most comfortable in their own homes. This is where the at home Snoezelen experience comes in. If an individual is more motivated by visual stimulation, then the objects that are within the Snoezelen experience need to meet those needs.

Continued on Page 17

# **Snoezelen Room Info Con't**

While tactile options may be available at the same time, it is likely that the individual will prefer the visual aspects of it. And vice versa for tactile preferences and/or auditory preferences. With the individual's preferences in mind, other types of sensory devices should be included to add variety and potentially an increased sensory experience for the individual. This is where recognizing the preferred or challenged sensory channels within the individual who is deafblind is immeasurably important. There are 7 sensory channels including visual, auditory, tactile, proprioceptive, vestibular, gustatory and olfactory. To start, noting the individual who is deafblind's preferred or most sensitive activities and sorting them into the sensory channel categories can help to clarify which sensory channels need to be used more and which should be implemented into their Snoezelen room..

It is important to have the individual involved when trying to find items for the Snoezelen room. This is to encourage their use of choice making skills and to see which items they genuinely will enjoy and which ones that they want. This also helps with the meaningfulness of the activity. Once all of the items have been collected and stored in some sort of storage container, it is time to introduce the tool to the individual. To start, the client should be in a comfortable space within their home that if preferably not their bedroom. This is because the bedroom tends to be a place where individuals want to spend much of their time, but Snoezelen is a great opportunity for them to enjoy their time outside of their room. Having the bin beside the individual also helps with encouraging the individual to self explore and use their independence skills. Start by one item to the individual at a time, this helps to eliminate the possibility of overstimulation, leading to exhaustion and frustration, etc. It is important at this stage to be patient with the individual and allow them a lot of time to explore each item and to self stimulate with as many or as few as they want to. Remember, we want this to be a fun, enjoyable and relaxing experience for the individual, for them to be independent and do what they want to do. The length of time, when it comes to at home Snoezelen experiences, varies from individual to individual because of the different needs that may be present. It is important for the individual to feel comfortable and safe while involved in Snoezelen to aid in the effects and benefits that come from it, which means that the intervenor/ support worker needs to make sure that the individual is such during this time. Encourage the individual to be involved in Snoezelen as long as tolerable but do not push the limits too far if the individual communicates that they are finished. They know their limits more than we do, and we need to respect and honour that.

## **A Couple Last Reminders...**

**The Snoezelen experience is individual driven which means that the experience is to be tailored and lead by the individual at a speed and in a setting that is best for them.**

**Contacting community resources can be a good way to gain materials and expertise about things that may need to be built or used within the Snoezelen experience.**

**The most effective strategy used to make the best experience for someone is trial and error. Trying something out with an individual in the setting where the experience will take place will give the individual a real opportunity to try out the object or activity in the most ideal setting which would be the best way to determine whether something be beneficial for that individual.**

# Crafty Clients



Our Fredericton client, Michelle's picture she drew and colored in.

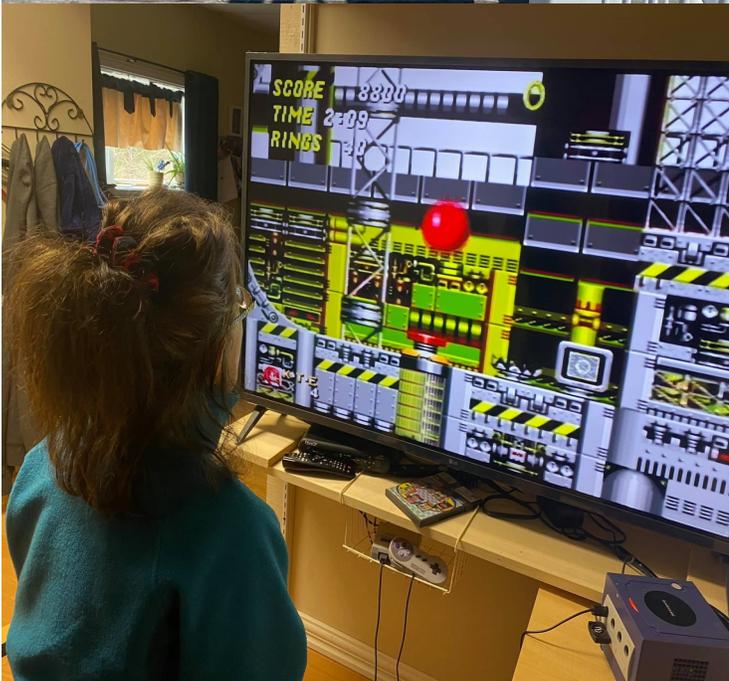


Michelle, decorating some Gingerbread Cookies at clubhouse. Also another Fredericton client, Eddy doing one of the things he does best, crafts.

# Around the Province



**Our Saint John client Cathy Jo, enjoying some gaming, getting some exercise and she also came to the Snoezelen room. While she was at the Snoezelen room she got to see one of our Fredericton clients Sheena, they were happy to see each other.**



# Around the Province



**Our Fredericton Client, Eddy, out enjoying making a snowman with his Intervenor, Jolene.**



**Our Saint John Client, Emma, meeting her Intervenor’s hamster for the first time.**



**Our Moncton client, Craig, enjoying birthday cake, for his Intervenor Dorothy’s Birthday!**



**Henley, our Fredericton client showing off her new glasses. She looks happy with them!**

# Around the Province Con't...



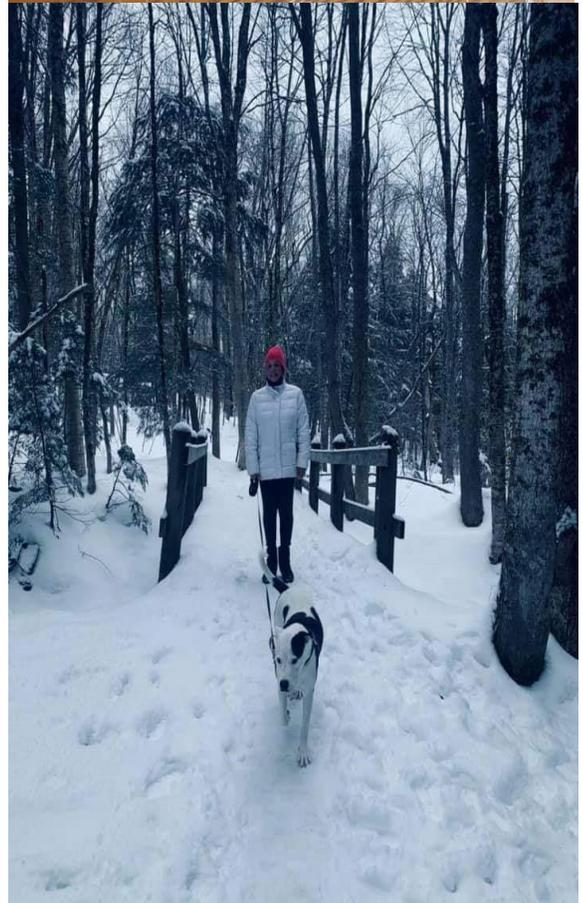
On the left, is Matthew, our Bathurst client, helping pack bananas for Chaleur Eat Fresh. Matthew loves to volunteer.



On the right is our Fredericton client, Owen, he is enjoying playing with his keyboard. He loves musical instruments.



On the left is our Fredericton client, Lyndon taking advantage of the hot tub, on a cool winter's day.



On the right is our Fredericton client, Sheena taking her dog for a stroll in O'dell Park.

# Hanson Art Gallery Trip

Fredericton clients took a trip to Hanson Art Gallery for clubhouse. It was a nice day and a nice change for them. These statues are all carved from wood.



# Recipes

## Crock Pot Hot Fudge Chocolate Cake Pudding

### Ingredients

1 cup light brown sugar  
1 cup all-purpose flour (plain)  
3 tbs cocoa powder  
2 tsp baking powder  
¼ tsp salt  
½ cup milk  
2 tbs butter  
½ tsp vanilla EXTRA  
¼ cup cocoa powder  
¾ cup light brown sugar  
1 ¾ cups hot water

### Method

1. Melt the butter.
2. Sift the 1 cup of brown sugar, 3 tablespoons of cocoa powder, flour, baking powder and salt into a large bowl.
3. Whisk in the milk, melted butter and vanilla.
4. Spread this batter evenly over the bottom of the crock pot - it will be a thin layer but that is ok as it rises up.
5. Mix together the 'extra' cocoa powder and the brown sugar. Sprinkle this on top of the batter - yes it does seem alot.
6. Pour the hot water over the top - DO NOT stir!
7. Cook on HIGH for 2 hours (needs the high heat to work). Check it at about 1½ hours if your slow cooker runs hot.
8. To check if cooked, insert a skewer into the middle of the cake to about an inch down and if it comes out clean it's done.
9. Scope out with a spoon and be sure to get some of the sticky sauce from the bottom.

Notes Serves 6

Delicious served hot with pouring cream  
Delicious cold served with cream as well

# Spirit of Giving

A big thanks to Nashwaaksis Lions Club, for sponsoring us to get a new ImmersX Vibro-Acoustic Backrest for our Snoezelen Room. All our clients that use that room, will be very happy.

## Introducing the ImmersX Vibro-Acoustic Backrest A First-Of-Its-Kind Sensory Solution for Deafblind People

### Features and Benefits

#### TACTILE BODY IMMERSION (TBI)

TBI is a patented sensory stimulation system that is integrated into various form factors like the ImmersX Vibro-Acoustic Backrest. TBI gives the user the ability to spatially 'FEEL' music or movie soundtracks throughout their body resulting in a positive emotional experience.

#### PORTABLE

The ImmersX Vibro-Acoustic Backrest weighs less than 2 kg and measures 56 x 51 x 6cm making it easy to transport. It will fit nicely on the back of a chair, wheelchair or couch and with an adapter can be used in an automobile too.

#### CANADIAN DEAFBLIND ASSOCIATION

Carolyn Monaco, President of the Canadian Deafblind Association commented after observing several sessions using ImmersX TBI technology, "In my almost 40 years of experience with this community have never seen so many individuals who are deafblind adapt to something this new so quickly and so positively."

Deafblind users from across the province have exhibited many positive emotions experiencing the benefits of the TBI technology, including relaxation, happiness, elation, smiling and laughing.



#### HOW THE IMMERSX VIBRO-ACOUSTIC BACKREST WORKS

The ImmersX Vibro-Acoustic Backrest uses our patented Tactile Body Immersion (TBI) technology to transform audio signals into a dramatic sensory experience. Connect the Vibro-Acoustic Backrest to an audio source using a wireless Bluetooth connection or the convenient 3.5mm input, then enjoy your favorite music, movie or video game. Our technology routes the audio signals to six High-Power ImmersX TBI transducers located strategically throughout the backrest. Going beyond our sense of hearing, you'll now be able to FEEL the experience and immerse yourself in the action.

#### GOVERNMENT FUNDING – PASSPORT (ONTARIO ONLY)

As a result of the COVID-19 pandemic, The Ontario Ministry of Children, Community and Social Services has updated Passport funding guidelines to cover the cost of purchasing sensory products, including the ImmersX Vibro-Acoustic Backrest. More information is available by visiting:

<https://www.mcscs.gov.on.ca/en/mcscs/programs/developmental/servicesupport/passport.aspx>

\* Outside of Ontario, please check with appropriate local government agencies to determine eligibility for Sensory item coverage.

#### SPECIFICATIONS

- Proprietary Hardware / Software Processing: Tactile Body Immersion
- Backrest Construction: Durable Frame with Long-Life Memory Foam
- Signal Inputs: Bluetooth 4.2 A2DP, 3.5mm Stereo TRS
- Signal Outputs: 6 High-Power ImmersX TBI Transducers, 3.5mm Stereo TRS for optional Headphones
- Frequency Response: 1 – 350 Hz with Customizable Crossover Control
- Configuration Interface: Dedicated Bluetooth App for Apple iOS and Android Devices
- Power: Li-ion Rechargeable Battery (included)
- Dimensions: 56cm x 51cm x 6cm



EXCEED YOUR SENSORY POTENTIAL

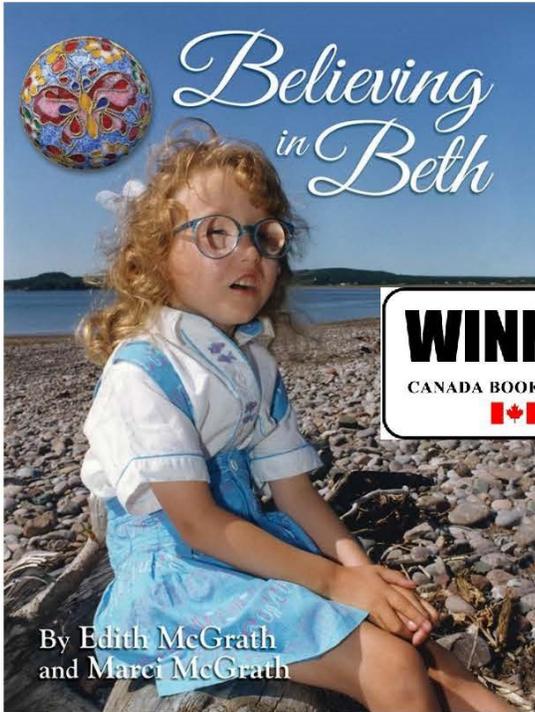
www.immersx.com  
Michel Lamy - EVP Growth  
mlamy@immersx.com

# **CDBA-NB Sponsors**

New Brunswick Children's Foundation

Masonic Charities and Housing of New Brunswick

Nashwaaksis Lions Club



Beth was a consumer with CDBA-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 CDBA-NB Inc. at 452-1544 or [office@cdba-nb.ca](mailto: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.



# **CDBA-NB Board of Directors**

**President - David Brown**

**Vice-President - Renée Landry**

**Treasurer - Robert Johnson**

**Secretary - Beth Major**

**Director - Ghita Gaudet**

**Director - Sheila Rogers**

**Director - Charles Landry**



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### OFFICE STAFF

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Executive Director

***Jody Brewer***

Office Manager

***Chantel Whitman***

Manager of Intervention Services