

SIGNS OF SHARING

Canadian Deafblind Association-NB Inc. Newsletter



New Brunswick/Nouveau Brunswick

In this issue:

- Message from Executive Director
- Client Adventures
- Day Trip to St. Andrews
- Believing in Beth
- Camp
- Craft Corner

Camp 2016

Camp is one of the most anticipated events every year. Each year clients and Intervenor leave camp looking forward to the next one. What will it be in 2017? You will only have to wait and see.



In September, our annual camp was held, this year's theme was Hollywood and Karaoke. Clients and Intervenor enjoyed a Hollywood themed weekend. (and for the first time in years – there was NO rain!!) Friday began with Testing your Senses activity and star name tags. Saturday included crafts, Survivor, bouncy castle, swimming and outdoor games. Throughout the weekend, campers were asked to vote on 13 different categories. These CDBA-NB awards were given out Saturday evening at the CDBA-NB Oscars. Everyone dressed up as their favorite star, singer, cartoon character (Oscar the not really a Grouch even made an appearance), etc. and walked the red carpet to have their photo taken at the photo board. Throughout the evening, there was karaoke, skits and awards. A great evening! Sunday everyone enjoyed the auction and said their final good byes. Thank you to all who made this year's camp a success.



Continued on page 12



Message from Executive Director Kevin Symes

It is that time of year again!! Summer is over, what a nice summer it was, and the chill of fall is in the air. As you would expect, the office staff and the CDBA-NB Board of Directors are working away continuously reviewing programs, finances, policies and procedures. The Board of Directors have made a few changes as finances have allowed, such as the pay increase for the Intervention staff. They also are supporting a few changes to our programs for 2017. We are still too early to let you know what is in store, so... I guess you will have to hang on to see!!

CDBA-NB has had a number committees working over the past several months. These committees have been reviewing all policies and procedures that govern CDBA-NB and its operations. We hope that the changes we make will simplify and be more transparent to how and why we function the way we do. We also hope that this will improve the staff work life and will make policies easier to read and understand.

There is also a CDBA-NB committee working on an event that would take place fall of 2017. If all goes well, we should have an announcement in mid-January 2017 to let you in on!! We hope that this event will be a great success and that it will be a great learning experience for all who attend.

Also, in fall of 2017, CDBA-NB will be hosting the CDBA-National Board of Directors meeting which will be held in Moncton, NB. We are in the planning stages of this meeting and hope to have more to share with you early in the new year.

CDBA-NB office staff is currently looking at a few different options for camp this year. We hope to have more details to you soon, however, I believe it will be a great camp and all who attend will enjoy.

It looks like 2017 is going to be a busy year, however, I have a wonderful staff and a great Board of Directors to work with. I hope everyone enjoys the upcoming events and look forward to seeing everyone take part in as many events as possible.

As always, if you have any comments, suggestions or questions, please feel free to reach out to me. I am always willing to listen and to help in any way that I can. Enjoy the fall season, take care and talk soon!!!



Message from the Editor, Shari Ross

Welcome to the 39th Edition of "Signs of Sharing".

CDBA-NB is about to enter its 35th year. How fantastic is that!! There are so many exciting things to happen next year, we can hardly wait to share them with you. So stay tuned. This past summer has been extremely busy. Deafblind Awareness month in June, day trip to St. Stephen and St. Andrews in July and yet another amazing camp in September to name a few things. In this issue you these amazing experiences and so much more.

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 fantastic Christmas and a very Happy New Year!

Message from the

Manager of Intervention Services, Jennifer Jewett

Well, the change in temperature sure happened quickly! I hope everyone has enjoyed the change in season and has had the opportunity to have some fall & winter fun. There has been a lot of fun things that have happened in the six months since the last newsletter. Krystal Gallant completed her placement with CDBA-NB Inc.; we celebrated Deafblind Awareness month with an afternoon at O'Dell Park; went on an amazing day trip to Ganong's Chocolate Museum and did Whale Watching; and of course 2016 camp! As we approach the 35th year of CDBA-NB Inc., I am sure we can expect exciting things!

This has been a year of making connections and establishing relationships outside of CDBA-NB Inc. This is a way to make sure that we are able to access programs and resources from other agencies for clients and Intervenors. These connections can assist us in new and innovative ideas for clients and Intervenors as well as raise awareness for CDBA-NB Inc. As we move forward through the winter, more networking will be completed; and this is an ongoing part of the agenda.

Speaking of winter and cold months this can be the most difficult time of year to fill in down time for Intervenors and clients as it is not as pleasant to be outside for as long as in the warmer months. Jody and I are always looking for new interesting things for everyone in each of the regions supported by CDBA-NB Inc. However it is also important that Intervenors keep an eye out as well. If there is something that an Intervenor finds, and would like to add the activity to the program; Jody and I can help advocate, and possibly set up partnerships with places. We also know of funding programs that may be of benefit. So please let us know, and we will do what we can to make something work.

Continued on page 23

Message from the Snoezelen Room Coordinator, Jody Brewer

Our Snoezelen room continues to be a great place for our clients to relax, learn and be active. We have had a lot of clients in the room since the last newsletter, with many making astounding accomplishments. Some clients have been working on balance and mobility and being active; while others are learning how to relax. We also have our first client from outside of CDBA-NB Inc., she is enjoying the Snoezelen room so much! Her support worker has said that the room helps her to relax more and more each visit and of course enjoys the lights and the music in there.

I am always open to suggestions for theme rooms; different equipment, and any general ideas for the Snoezelen room. The room is for our clients to enjoy, so anything that will make their time in the room more productive and enjoyable, I would love to hear about.

As always, I feel very fortunate to be able to work with the Snoezelen room and our clients as well as any individuals that are not affiliated with CDBA-NB Inc. that are utilizing the room. Working in and with the Snoezelen room allows me to interact and assist the clients and Intervenors with their work within the room, which is the most rewarding part of the work with the Snoezelen Room.



Can you find Owen?

I wish you all the best in 2017 and look forward to seeing you all soon ☺

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.



Build Me a Bridge

by Thomas A. McKean

Copyright (c) 1993, 1996 by Thomas A. McKean

(Note from Thomas: This song was written for the 1993 international conference on autism, held in Toronto. I looked through the (then sparse) literature written by people with autism and found a common thread of the symbolism of a bridge from one world to another. All of them, independently of each other, each chose the bridge metaphor to describe autism. This song is my contribution to that thread and metaphor.)

I have known that you and I have never been quite the same.

I used to look up at the stars at night and wonder which one was from where I came.

For you seem to be part of another world and I will never know what it's made of
unless you build me a bridge, build me a bridge, build me a bridge out of love.

I long for the day that people smile at me just because they realize
that there is a caring and intelligent person buried deep in my kaleidoscope eyes.

For I have seen the way that people look at me though I've done nothing wrong.

Build me a bridge, build me a bridge, and please, oh please don't take too long.

Living on the edge of fear, voices echo like thunder in my ears.

See me hiding every day...I'm just waiting for the fear to melt away.

I want so much to be a part of your world, I want so much to break through.

All I need is to have a bridge, a bridge built from
me to you.

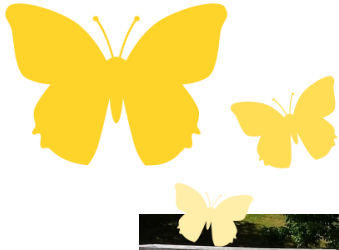
And I will be together with you forever and nothing
can keep us apart if you build me a bridge,
build me a bridge from my soul, down deep into
your heart.

Build me a bridge, just a tiny, little bridge, all I
ask is a bridge into your heart...



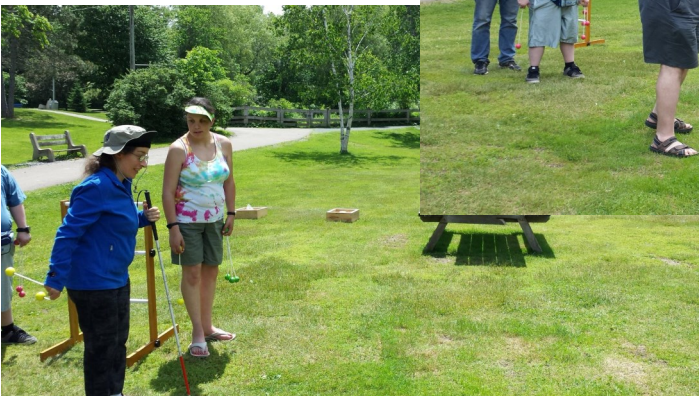
Cameron enjoying the Snoezelen room and the weighted blanket.

Deafblind Awareness Month

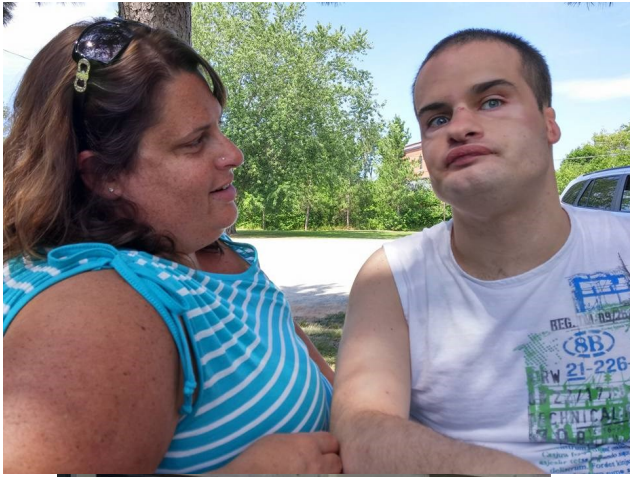


June was National Deafblind Awareness Month.

To celebrate, CDBA-NB held an awareness event in a local park in Fredericton. Clients and Intervenorers from throughout the province came to help celebrate. They enjoyed lunch, a special cake and games,



Client Adventures and Fun!



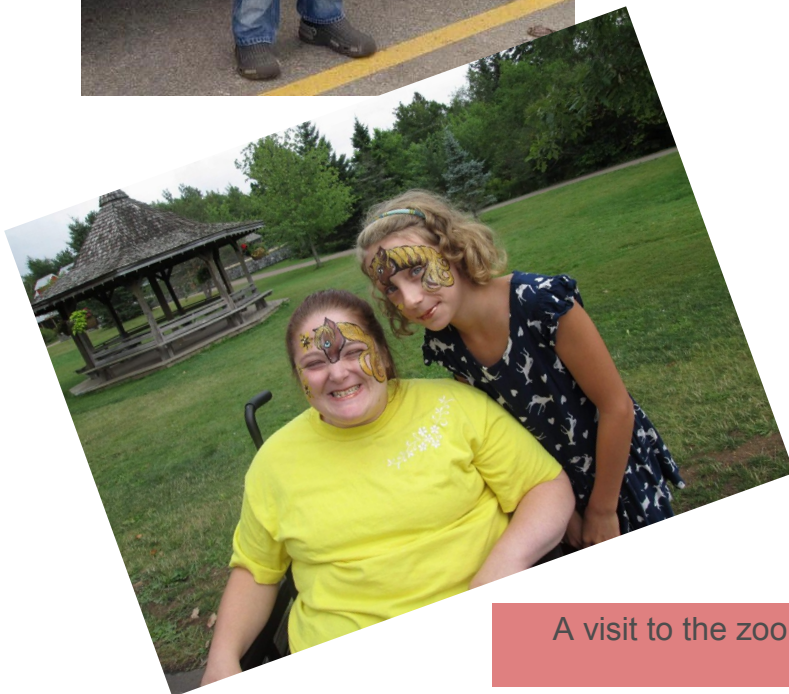
Enjoying
the great
outdoors.



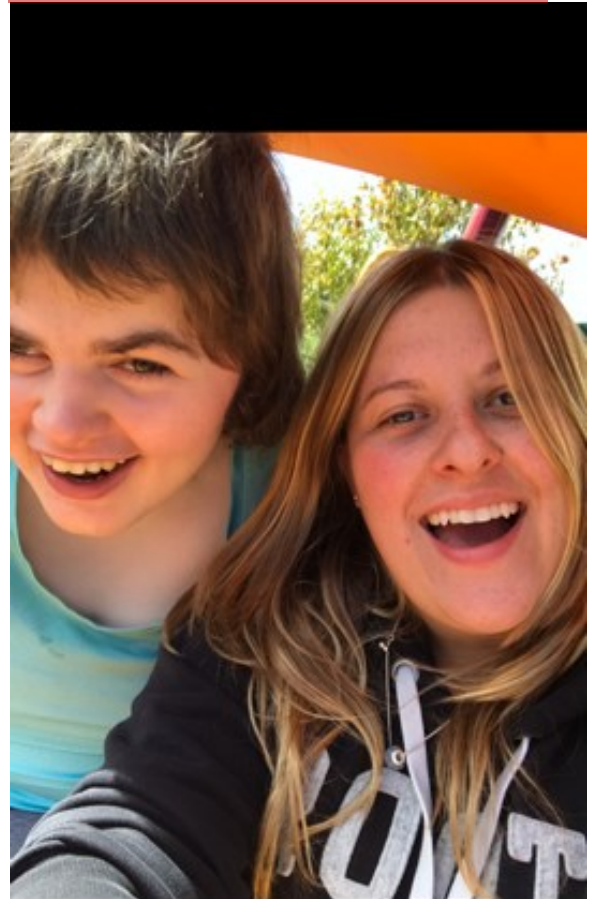
A visit with Shari at the office.



Exploring
army
vehicles.



A visit to the zoo.



Fun at the park.

Client Adventures and Fun! (continued)



Apple Picking



Hiking to a waterfall



Out for a stroll and stopped for a snack.



A visit to a dairy farm



A vey happy birthday boy!



A pair of pumpkin pickers!

RECIPE CORNER

Pumpkin Snickerdoodles

Prep Time: 25 minutes

Cook Time: 13 minutes Yield: 3 dozen

Ingredients

- 3 1/4 cups all-purpose flour
- 3 1/2 tsp cornstarch
- 1 tsp cream of tartar
- 1 tsp baking soda
- 1/2 tsp baking powder
- 1/2 + 1/8 tsp salt
- 3/4 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp ground nutmeg
- 1/4 tsp ground allspice
- 1 cup granulated sugar
- 3/4 cup packed light brown sugar
- 1 cup unsalted butter, softened
- 1 large egg yolk
- 3/4 cup canned pumpkin puree
- 1 1/2 tsp vanilla extract

For rolling

- 1/4 cup granulated sugar
- 1 1/2 tsp ground cinnamon

Directions

· In a mixing bowl whisk together flour, cornstarch, cream of tartar, baking soda, baking powder, salt, cinnamon, ginger, nutmeg and allspice for 20 seconds, set aside.

· In the bowl of an electric stand mixer fitted with the paddle attachment, cream together butter, granulated sugar and brown sugar (not until pale and fluffy, just to combined. Occasionally scrape down sides and bottom of bowl throughout entire mixing process if not using a paddle attachment that constantly scrapes bowl while mixing). Mix in egg yolk, then mix in pumpkin and vanilla extract. With mixer set on low speed, slowly add in dry ingredients then mix until combined. Divide dough in half and place each half in a bowl, cover with plastic wrap and chill 45 minutes to 1 hour (dough should be slightly sticky so the cinnamon sugar will stick when rolling but they should be manageable to roll in the palms of your hands). Preheat oven to 350 degrees during last 10 minutes of refrigeration.

· In a small bowl, whisk together 1/4 cup granulated sugar with 1 1/2 tsp cinnamon. Scoop dough out 2 even tablespoons at a time (run the measuring spoon against side and edge of bowl so it will slightly deflate the dough while also giving an equal tbsp, twice per ball) and shape into a ball, roll dough ball in cinnamon sugar mixture to evenly coat then transfer to Silpat or parchment paper lined baking sheets spacing cookies 2-inches apart. Bake in preheated oven 12 - 14 minutes (they should look just slightly under-baked as they'll cook slightly once removed from oven). Cool on baking sheet about 5 minutes then transfer to a wire rack to cool completely.

· Recipe source: Cooking Classy

Shari has baked these with gluten free flour and they are delicious !

Day trip Ganong and Whale Watching!

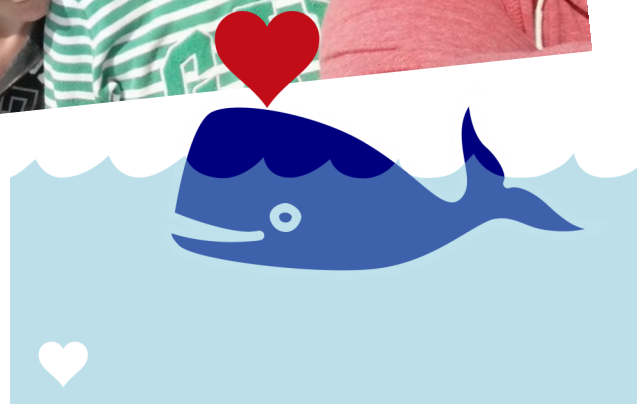
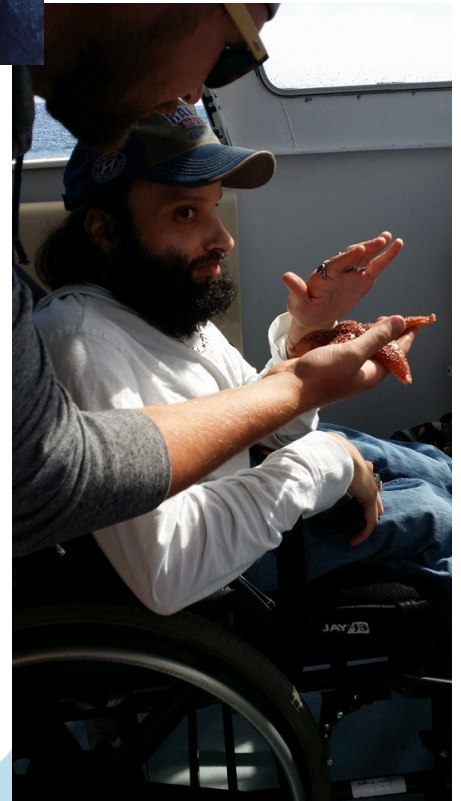
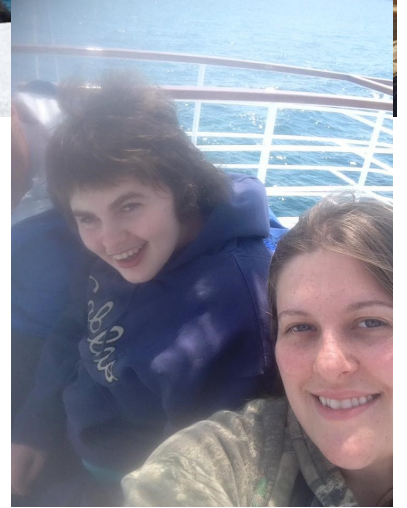
In July, thirty plus clients and Intervenorers boarded a bus to St. Stephen and St. Andrews. In Stephen, they visited the Ganong Chocolate Museum and store. At the Museum they were able to explore and learn all about how the chocolates were made, play “chocolate” related games and sample the chocolate (yummy).

They then continued on to St. Andrews-by-the-Sea for an afternoon of whale watching on the Quoddy Link. Many porpoises and seals were seen, as well as the highlight of the day – 2 whales! (not to mention the adventure of an overboard sneaker, which we turned around and saved!)



Continued on
page 11

Day trip (continued from page 10)



CDBA CAMP

“Jamie socialized with friends. Wanted to try everything. Was very social and happy to meet new people. Great mood all weekend. Great weekend, wouldn’t change a thing.”
Clayton, Intervenor



“Cameron did amazing this weekend!! He participated in everything I had taken him to. So happy with how Cameron did.” Nadia, Intervenor



“Austin was unable to physically participate in the majority of the activities. He did appear to be very stimulated by what was going on around him. Austin seemed to enjoy camp.” Keyana, Intervenor



“Vanessa enjoyed being able to move about freely, with and without her wheelchair. Chicken isn’t always for lunch! Hand over hand participation in craft making and team poster. Lots of laughing, hugging, listening, joking with Kelsi and Holly. Was great to see Vanessa getting up, making choices, leading others to her wants.” Natasha, Intervenor



continued from page 12



“Tiffany participated in as much activity as she could. Tiffany loves to socialize with everyone, she tried to socialize and do everything she could for the weekend. She loves to be around people and have fun. She was good all weekend and enjoyed her first camp very much.” Mavis, Intervenor



“Kelsi did crafts and she helped color on the canvas with markers. When we played survivor Kelsi got to throw some hoops on the elephant. She threw the chickens at the target (Shari). Kelsi enjoyed seeing everyone dance and listen to them sing! Kelsi greeted and hugged a lot of people and enjoyed seeing everyone. This was Kelsi’s first time at camp and I think she had a lot of fun!” Holly, Intervenor



“Paulette enjoys crafts — this is her favorite activity at camp! Paulette loves spending time with her friends and seeing staff. Paulette loves camp activities and spending time with others.” Donna, Intervenor

“Owen fully participated in activities that were possible.” Sam, Intervenor



Continued on page 14

Continued from page 13

"Beth and her parents had a wonderful time at camp. They can't wait until next year"
Shari

"Craig participated in survivor and all recreational activities! Enjoyed hanging out with everyone. Great attitude! Really enjoyed himself." Samantha, Intervenor

"Steven was social at all events and activities. He was very kind and was talkative with others. Had a great weekend with Steven. He was nice and seemed happy to be at camp." Paige, Intervenor

"Lyndon was very active on Saturday and even surprised me that he wanted to participate in all the recreational activities and loved it. He also enjoyed painting a very lovely canvas. I enjoy coming to camp and working with Lyndon. Thank you for another fun time at camp!!"
Christina, Intervenor



Continued on page 15

Continued from page 14

“Jedd participated fully in all activities and enjoyed each and everyone. Jedd thrived on all the social activities. He engages in all conversations. His favorite part, by far, was the Oscar night. He became his character and was the “Beib” all evening.” It was a pleasure to be at camp with Jedd again this year.” Shirley, Intervenor

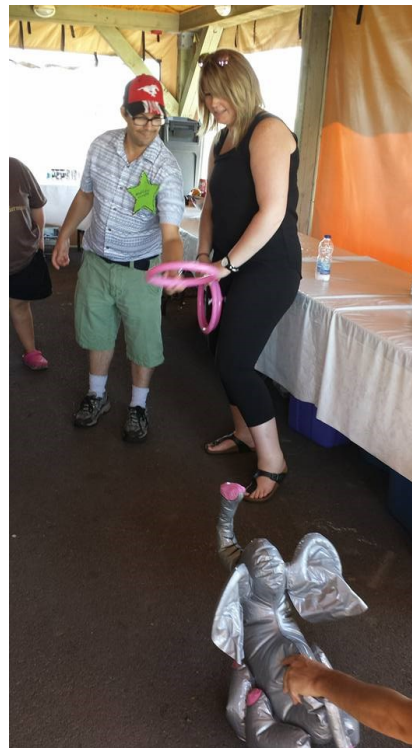


“Kevin loves to participate — doesn’t matter how difficult the activity is. Every activity has to be followed by taking pictures. Kevin has a heart of gold. He is a gentle giant with a beautiful soul.” Lise, Intervenor



“Matthew participated in all activities. Loved his award. Thank you!!” Audrey, Intervenor

“Cathy Jo loved throwing a chicken at Shari for survivor. She cheered people on with me. Helped with the poster making and come up with the team name. It was a needed get away, that she needed.” Mary, Intervenor



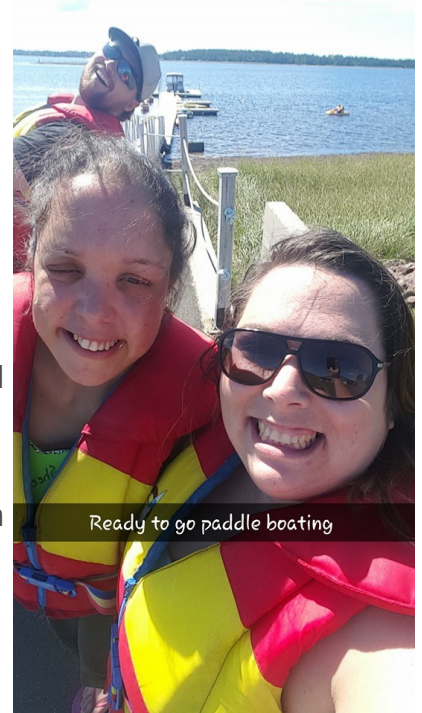
Continued on page 16

Continued from page 16



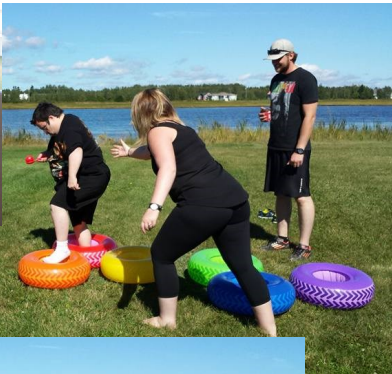
"Michelle took part in all activities. Had her hair done and did her own make up for the Red Carpet. Good weekend. We had fun!" Katie Jo, Intervenor

"Sheena was a great part of our team for survivor. She actually chose our team name. She helped decorate our poster, She took part in several different games. Sheena really enjoyed getting spoiled she loved getting her hair and make up done. She loved the awards. She was so excited to win 2 awards. She took part in singing karaoke. She sang alone, then with some friends. She spent some time dancing with her friends. She had an awesome night!." Amanda, Intervenor



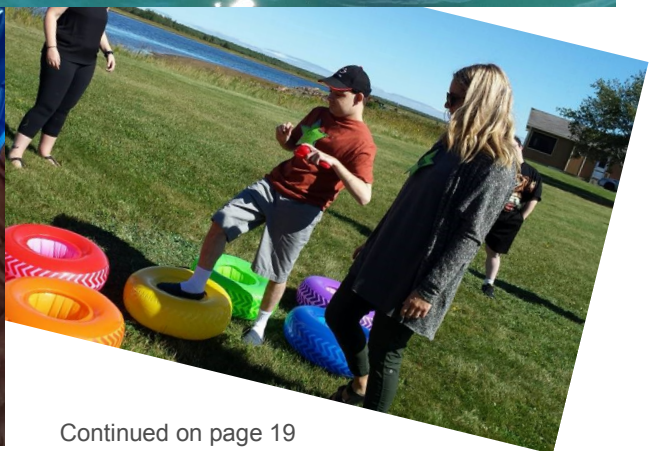
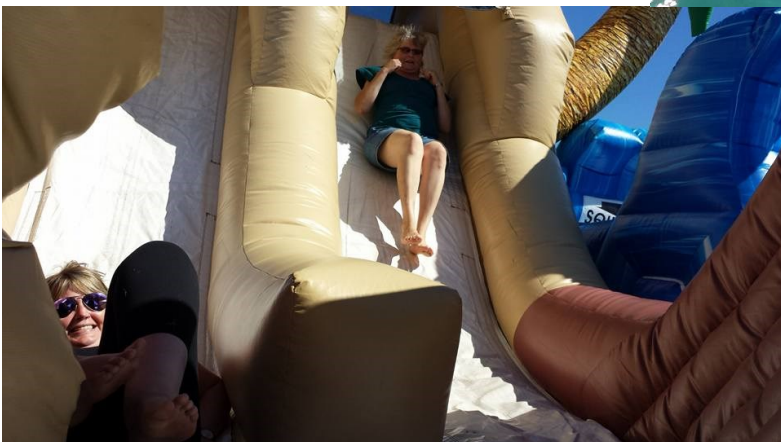
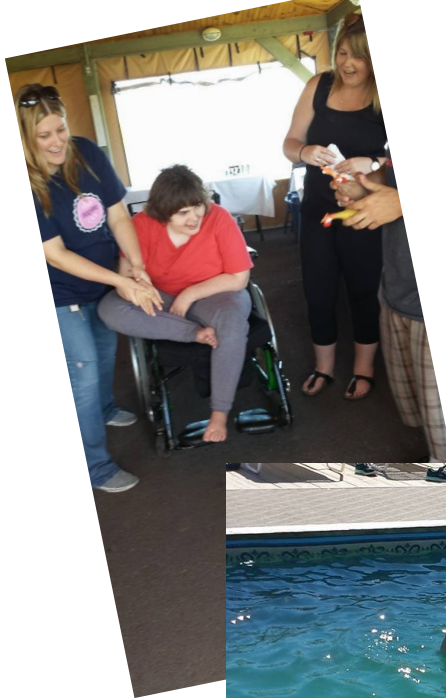
Continued on page 17

Continued from page 16



Continued on page 18

Continued from page 17



Continued on page 19

CDBA CAMP OSCARS

The Oscars were given out Saturday night. Throughout camp, campers had an opportunity to vote for anyone at camp (client, Intervenor, family member, staff, volunteer) in 13 different categories. The winners of the Oscars were:

1. The Giggler Award ~~ VANESSA
2. The Easy-Going Award (the most agreeable) ~~ MICHELLE
3. The Cheerleader Award (most enthusiastic/biggest cheerleader/supporter of others) ~~ TIFFANY
4. The most Helpful Award ~~ MATTHEW
5. The Side by Side Award (for two people who are inseparable all weekend) ~~ SHEENA
6. Happy Camper (Always so bubbly) ~~ VANESSA
7. Camp Clown ~~ JAMIE
8. Positive Camper (always looked for good) ~~ SHEENA
9. Camp Snooze-a-lot Award ~~ AUSTIN
10. The Spic and Span Award – the best cleaner-upper for the tidiest ~~ KEVIN T.
11. The one who primps the most Award ~~ JEDD
12. The Fashion Award – the best dressed ~~ LYNDON
13. The Colleen Smith CDBA-NB Camp Spirit Award (for considering the needs of others, offering help, encouraging others and enjoying camp to the fullest.) ~~ PAULETTE



Paulette accepting her award.

Colleen was a CDBA-NB client for many years before she passed away a few years ago. Colleen loved camp. This was the first year for the Colleen Smith Camp Spirit Award. It will be continue to be given out each year.

Paulette was the first winner of this award, which was fitting as she was Colleen's best friend.



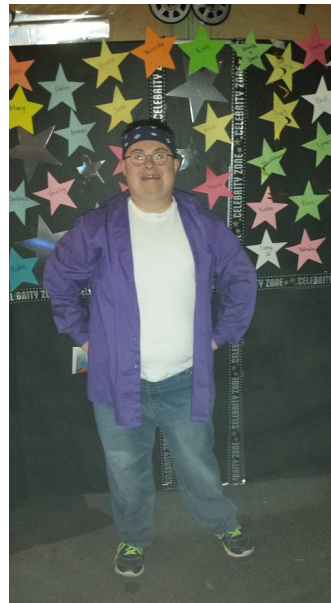
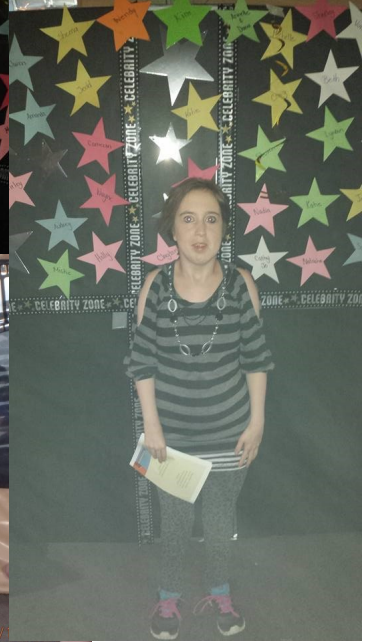
Kevin and Shari presenting the Colleen Smith Camp Spirit Award



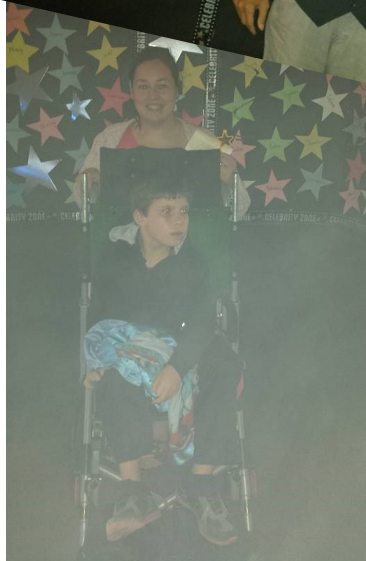
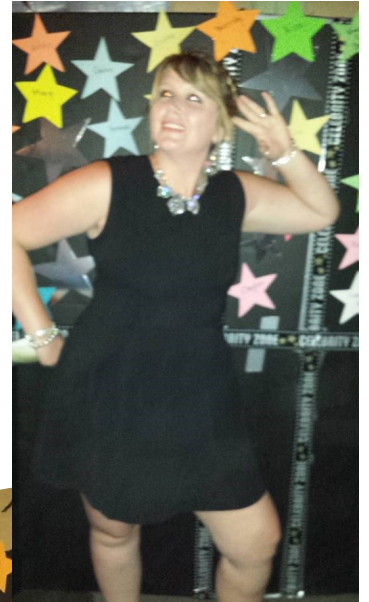
Kevin recently presented Colleen's mom with a copy of the award.

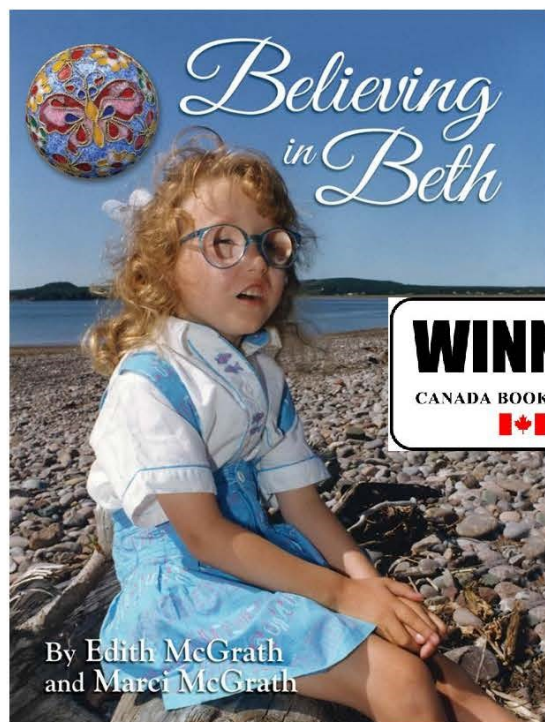
Continued on page 20

THE RED CARPET ENTRANCE OF THE STARS!



THE RED CARPET ENTRANCE OF THE STARS!





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.

On May 29th, for 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, Senior Program Manager



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



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 presentation



Kevin Symes, Executive Director of the Canadian Deafblind Association-NB Inc. accepting a donation from Michael Daniels, Director of the New Brunswick Children's Foundation.

Board Volunteer of Year



Sheila Rogers (left) being present with the Board Volunteer of the Year award by Board Member, Alma Page. Congratulations Sheila!

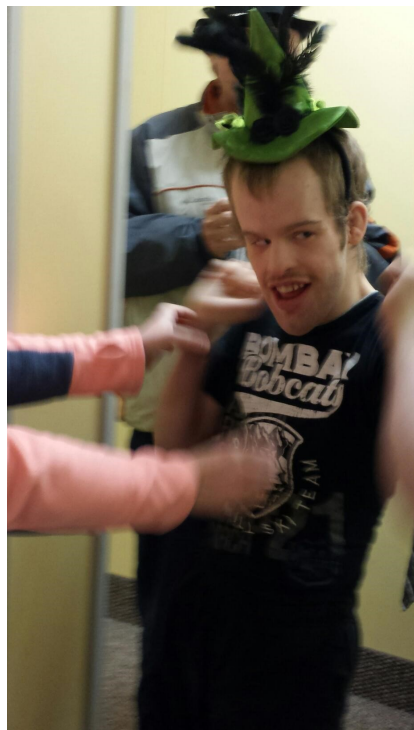
***"THE BEST AND MOST BEAUTIFUL THINGS IN THE WORLD CAN'T BE SEEN OR EVEN TOUCHED—THEY MUST BE FELT WITH THE HEART"** HELEN KELLER*

Continued from page 3....Manager of Intervention Services' Message

Intervenors, you have had an amazing year! We have had some new faces join the team and they are doing remarkable work with their clients. As well as commending those senior Intervenors, who continue to improve their skills – as well as share those skills with new the faces. We have seen some great milestones this year; as well as the beginnings of some milestones. This will lead to some great success stories for 2017. I want to thank all of you for the wonderful work you do each day – and the commitment you make to your client(s) and to CDBA-NB Inc. is greatly appreciated. I look forward to working alongside all of you in the coming year to assist in the achievements of our clients –as well as yourselves.

With that being said, and trudge in the cold toward the end of 2016, I look forward to a bright and warm 2017 where we all work together to achieve the same goal. I look forward to seeing more faces at the Snoezelen Room – and to the adventures next year will bring us! Cheers!

Halloween



Trick or treaters
at the office



Matthew lead a group
of seniors helping pack
Halloween bags for the
nursing home



CRAFT CORNER

Needed Supplies:

Bottle caps, washed and dried
White acrylic paint
Orange acrylic paint
Fine point black Sharpie marker
Small paintbrushes
Narrow ribbon
Hot glue gun & glue sticks
Small piece of yarn or ribbon (optional)



Tutorial:

Start by painting your bottle caps white. It's going to take probably three or four coats to both entirely cover the surface and also to get it look nice and smooth. Don't worry too much about the back as it will be pointing away from you on a tree or if hanging in a grouping on the wall, etc.

Once the caps are dry, cut a piece of narrow ribbon about two inches longer than the length of three stacked caps. Dab the back of each cap with hot glue and attach the ribbon, leaving the excess ribbon hanging from the top. Once dry, flip over and put a small dab of glue between each bottle cap to secure. At the top of the snowman fold the excess ribbon over to the back, creating a loop, and adhere with a dab of hot glue.

Once all glue is completely dry, use a fine paint brush and the orange paint to add a carrot-shaped nose to the first cap. Then use the Sharpie marker to dot on eyes and a mouth on the top cap, and three buttons on the middle cap.

At this point you can certainly leave your snowman as-is – they're already really cute! But you can dress them up even further by adding a bit of string, yarn, or ribbon around his neck and make a little scarf.



New Brunswick/Nouveau Brunswick

495 B Prospect Street, Unit H

Fredericton, NB

E3B 9M4

506-452-1544

office@cdba-nb.ca

www.cdba-nb.ca

Like us on Facebook and Twitter ~~ CDBA NB Inc

Things to come

35th Anniversary

Camp

Day Trip

Deafblind Awareness Month

National Meetings hosted by
New Brunswick

CDBA-NB INC.

OFFICE STAFF

Kevin Symes

Executive Director

Shari Holmes

Office Manager

Jennifer Jewett

Manager of Intervention Services

Jody Brewer

Administrative Assistant/

Snoezelen Room Coordinator