

SIGNS OF SHARING

Canadian Deafblind Association-NB Inc. Newsletter



New Brunswick/Nouveau Brunswick

In this issue:

- Message from The President of CDDBA
- Meet our two new Team Members!
- Camp 2018
- Holiday Craft Corner and Recipe
- Client Adventures
- CDDBA Holiday Parties
- Client Spot Lights
- And much more...

PICTURED BELOW, FRONT AND CENTER, IN HER PURPLE AND YELLOW UNIFORM, IS CORRIE, THE SISTER OF ONE OF OUR FREDERICTON CLIENTS, OWEN, SHOWN BELOW ON CORRIE'S KNEE. NOT ONLY IS CORRIE THE PROUD SISTER OF OWEN, SHE ALSO HAPPENS TO PLAY GIRLS TACKLE FOOTBALL. CORRIE DECIDED SHE WANTED TO DO SOMETHING TO GIVE BACK TO OWEN AND HIS CONTINUOUS SUPPORT AS THEIR NUMBER ONE FAN. TOGETHER WITH HER TEAM AND THE CAPITAL AREA VARSITY

GIRLS FOOTBALL COMMUNITY, THEY CREATED "TOUCHDOWNS FOR OWEN" TO RAISE MONEY FOR CDDBA'S ANNUAL SENSORY CAMP, WHICH OWEN AND MANY OTHER AMAZING CLIENTS ATTEND YEARLY.

CONTINUED ON PAGE 10



CAPITAL AREA VARSITY TACKLE FOOTBALL GIRLS

With heavy hearts we announce the passing of one of our long time Moncton clients, and friend, Steven Robichaud. His dry humor always brought out laughter in everyone who had the pleasure of encountering his presence. He will be dearly missed by all his CDBA family.



In Loving Memory
Steven Robichaud

January 23, 1984

December 7, 2018

In Loving Memory..



A Message from the CDBA-NB President



Hello Everyone,

Well, this is my first input into the CDBA-NB Newsletter as President. As most know, my son Corey Brown has been a client with CDBA since he graduated in 2010. It wasn't very long after that that I was encouraged to join the Board of Directors of CDBA-NB and shortly thereafter, I also became a member of the CDBA National Board.

Recently with the retirement of our past President, Mike Stewart, our entire Executive Committee was revamped. Renée Landry became our new Vice-President, Robert Johnson our new Treasurer and Beth Major our new Secretary. As we settle into our new roles, I'm sure that things will run as smoothly as in the past. I wish our new Executive Committee and the rest of our Board Members the best as we continue to serve the CDBA-NB organization.

With the Christmas Season approaching, I wish to extend best wishes to all of our Clients, Intervenors, Office Staff and Board Members of CDBA-NB from the Brown Family—Corey, Thérèse and Dave.

Happy New Year and be safe.



Kevin Symes

- Executive Director—

Well, it is that time again!! Time for the winter 2018 edition of CDBA- NB newsletter!! This year was a busy year with our fundraising, many activities, and camp. I hope for any activities that you had an opportunity to attend that you enjoyed your time. If you have any suggestions on how we could make our events more exciting, or have ideas for different events, please share with me.

Also, this year we had to say good-bye to two people who were near to my heart and were wonderful people and supporters of CDBA-NB. One is our past-president, Mike Stewart. Mike left CDBA-NB for personal reasons after many years of supporting CDBA-NB. In addition, Shari Ross, CDBA-NB's Office Manager for 23 years, has moved on to a sister organization in a position of advancement opportunity. I do sincerely wish both Mike & Shari all the best in their future endeavors, and I wish to thank them for all for their support over the many years.

With Mike moving on from the Board of Directors, we have a new President, David Brown. Many of you already know David as he and his wife attended a number of CDBA-NB Camps in the past. I would like to welcome David to his new position. The other members of CDBA-NB Executive are Robert Johnson, Treasurer, Renee Landry, Vic-President & Beth Major, as the Secretary.

With Shari, leaving CDBA-NB, we have hired Tammy Dennis as the new office Manager. As well, we have hired Molly Grady as our Administrative Assistant. I know both of the new office staff members are looking forward to meeting all of our clients and Intervention staff. We are all here to help you, so let us know if you have any concerns or questions.

I would like to thank all of the past and current staff, Board Members, volunteers, and supporters for all that you do. Without caring people like you, who work and support CDBA-NB, we could not serve the clients we do. I look forward to seeing everyone in the New Year.



Tammy Dennis

- Office Manager -

Hello everyone,

my name is Tammy Dennis. I am excited to have been given the opportunity to be part of the Canadian Deaf Blind Association family as the new Office Manager. I am originally from PEI and have been in Fredericton for 15 years. I have been in the private and public sector for the past 20 years and I am looking forward to helping our community within the CDBA-NB Association. I have been busy meeting a lot of our clients and intervenors, and looking forward to meeting those outside the Fredericton region, along with their families.



Jody Brewer

- Manager of Intervention Services -

Well, the change in weather 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. We celebrated Deafblind Awareness month with an afternoon of bowling in Fredericton and Moncton; went on a great day trip to Shubenacadie Wildlife Park; and of course 2018 camp, which was our 30th anniversary for CDBA-NB Inc.

Speaking of winter and cold months this can be the most difficult time of year to fill in down time for Intervenors and Consumers as it is not as pleasant to be outside for as long as in the warmer months. If there is something that an Intervenor finds, and would like to add the activity to the program; Molly and I can help advocate, and possibly set up partnerships with places. So please let us know, and we will do what we can to make something work.

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, and share those skills with the new faces. I want to thank all of you for the wonderful work you do each day – and the commitment you make to your clients.

With that being said, I look forward to a bright and warm 2019 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 2019 will bring us! Cheers!



Molly Grady

- Administrative Assistant/Snoezelen Room Coordinator -

Hello everyone! My name is Molly Grady, and I started with CDBA mid-October, and I am loving the job so far. One of my favorite things is being able to interact with our clients here at the Fredericton office location.

A little about myself—I am originally from Rothesay, N.B., and re-located to the Oromocto area a few months ago, as my fiancé Travis is in the military and has been posted to the Gagetown base. Together we have two rescue dogs, Hank, who is 4, and Lucy, who is almost 1 year. They are both from Texas, and were rescued from abuse and dog fighting, and now have a much happier life here in Canada!

I am looking forward to meeting our other clients and intervenors across NB/PEI during the holidays, and continuing to create great relationships with those who utilize our Snoezelen Room.

Wishing everyone the best for 2019!



PRACTICE CONSCIOUS SELF-CARE

1. Sit outside in the sunshine
2. Reach out and get the support you need
3. Get enough sleep
4. Take time out for a massage
5. Learn to ground yourself - then do, often



PRIORITIZE YOUR HEALTH

6. Take a walk
7. Go to the gym
8. Hydrate
9. Get the right vitamins and nutrients
10. Detox - the digital or food version, or both
11. Try yoga



CREATE SPACE TO RELAX

12. Listen to calming music
13. Take a hot bubble bath
14. Try essential oils (lavender)
15. Blow bubbles - it requires deep breathing
16. Enjoy a cup of tea - but consider reducing caffeine
17. Squish a stress ball



EXPRESS YOURSELF

18. Make time to write in your journal
19. Create art
20. Smile or laugh
21. Give "power poses" a try
22. Dance - like no one is watching, of course



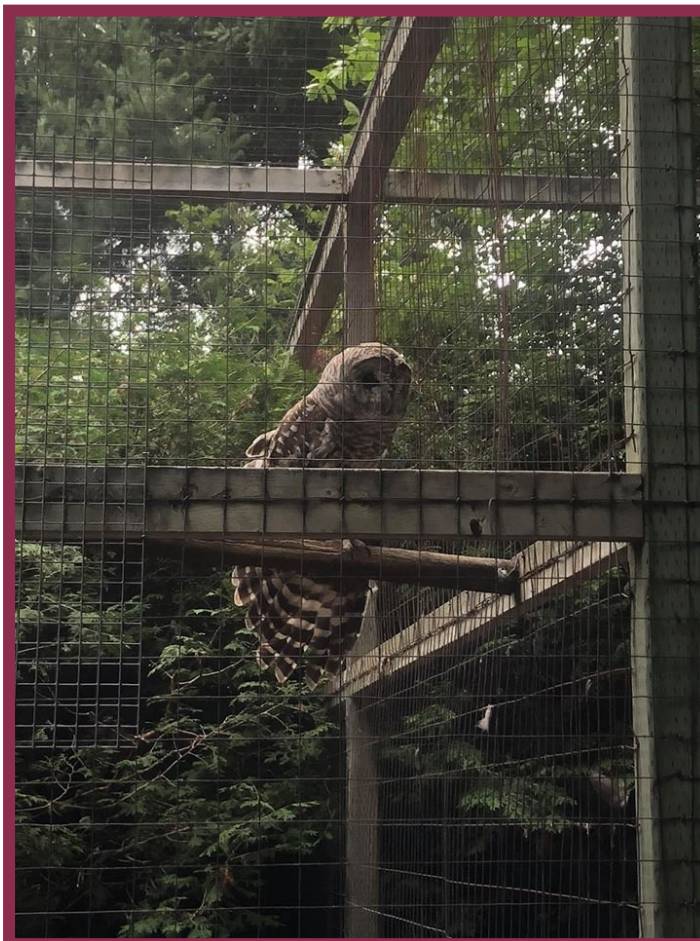
CHANGE YOUR MINDSET

23. Meditate or pray
24. Connect to your spiritual beliefs
25. Positive self-talk
26. Focus on one thing at a time
27. Actively look for solutions (not problems)

Shubenacadie Wildlife Park



This Summer a group of us travelled to Shubenacadie for a fun day trip to the Wildlife Park! The weather wasn't ideal for most of the drive to and from, but cooperated once we arrived and we were able to get through the park with no rain on us! Once we arrived we all enjoyed a picnic lunch before walking around to experience lots of different wildlife native to North America. Everyone enjoyed this day trip and had lots to talk about on the ride home.





Jedd (Bathurst Client), with Abby, our Summer Admin Assistant.



Lyndon (Fredericton client) with his intervener overlooking the wolves.



Owen (Fredericton client) with his intervener Marissa getting ready to head into the park!



Kelsi (Fredericton Client), and her brother Brandon doing a wheelie and having a big laugh!



Matthew and Jedd (Bathurst Clients) getting ready to head into the park.

More Day Trip Fun!!

Touch Down's for Owen Continued...

“ We are the Capital Area Predators and we play girls tackle football in the New Brunswick Varsity Girls Football League.

Owen is our biggest fan! His sister, Corrie, plays on our defensive line, and Owen comes out to most of our practices and all of our games!

Owen gives us so much support during our season that we want to give something big back to Owen.

You see, Owen is 13 years old and has been diagnosed with Cornelia De Lange Syndrome. The syndrome has up to 37 different symptoms that can affect his day-to-day life. Owen is not able to communicate verbally and he has moderate hearing loss in both ears. The syndrome impacts his growth, so he is smaller than other boys his age. He also deals with acid reflux on a daily basis.

Owen depends upon members of his family and others in his circle to tend to his daily needs, such as eating, using the toilet and keeping him safe.

His hearing loss makes it very hard for him to learn how to talk because he can't hear others when they speak to him. Therefore, with the help of the Canadian Deafblind Association (CDBA), Owen has learned some basic sign language, so that he can communicate with his family and friends and let them know important things, like when he is hungry or needs to use the bathroom.

The Canadian Deafblind Association helps Owen and his family very much with the services that they provide. For example, CDBA provides a wonderful "intervenor" who helps him communicate with and receive information from the world around him. His intervenor also takes him on outings in the community.

Each year, Owen and his family look forward to their trip to the CDBA's Sensory Camp. What makes camp so very special to Owen and his family is that the CDBA does their very best to accommodate and tailor their experiences to the needs of everyone involved. Without something like this it would make it very difficult for Owen to go to camp, and what kid doesn't like going to camp?

WE WANT TO RAISE FUNDS FOR CDBA's SENSORY CAMP, so that people like Owen, can be assured of a fun and safe camping experience with their families for years to come. For many of the clients of CDBA, this free camp is something that they look forward to all year.

To run this camp is very expensive. To ensure that Owen and other clients can get the most of their experience and be safe while having fun, requires that each client have their intervenor with them, and that they have specialized care where necessary. The funding for camp must come from fundraising. Without the support of people like you, Owen and others like him could not attend camp.

Please help us raise funds for CDBA's Sensory Camp in Owen's name through our TOUCH-DOWNS FOR OWEN campaign!

If you do not wish to donate online, please write a cheque payable to "CDBA-NB Inc" and put "Touchdowns for Owen" on the memo line. Your cheque can be given to any member of our team or coaching staff, or mail it directly to: CDBA-NB Inc., "Touchdowns for Owen", 495 B Prospect Street, Unit H, Fredericton, NB E3B 9M4.

Our thanks to our sponsors who are making a donation per touchdown scored:

Guardian Pharmacy @ St. Mary's"



2018 CDBA Sensory Camp

Each year the Canadian Deafblind Association hosts a weekend camp for their clients and intervenors to attend. This year's camp was New Orleans themed. There was lots of activities such as "Surviving New Orleans", crafts, a dance, and daytime entertainment by "Atlantic Cirque"! As always, we had lots of great food. The weather was great all weekend, so we were able to use our down time to go swimming and be outside enjoying the sun. On Saturday evening at the dance, we handed out our annual "Camp Spirit Award", which went to Jamie Atkinson, and also our "Intervenor of the Year" award, which went to Mavis Nicholson! On Sunday, we had our annual auction, where proceeds go towards aiding financially for our future camps. Everyone got some goodies from the auction to take home with them at the end of the weekend.

This year's camp would not have been possible without the generous support from Telus, the Fredericton Community Foundation, NB Children's Foundation of the NB Protestant Orphans' Home, Masonic Charities & Housing Co., Ford Country Club, along with community fundraising and donations. Thank you to all for your support.

We hope everyone who attended enjoyed their camp experience this year, and we are looking forward to another fun filled camp in 2019!!

Lyndon and Abby using the rainbow ribbons!



Kelsi (Fredericton Client) playing ring toss with intervenors Marissa and Carly.



Dancing the night away!



Beth and her parents, along with Clarissa our student from GBU.



WE
CAMP

Owen and Sarah enjoying the ball pit!



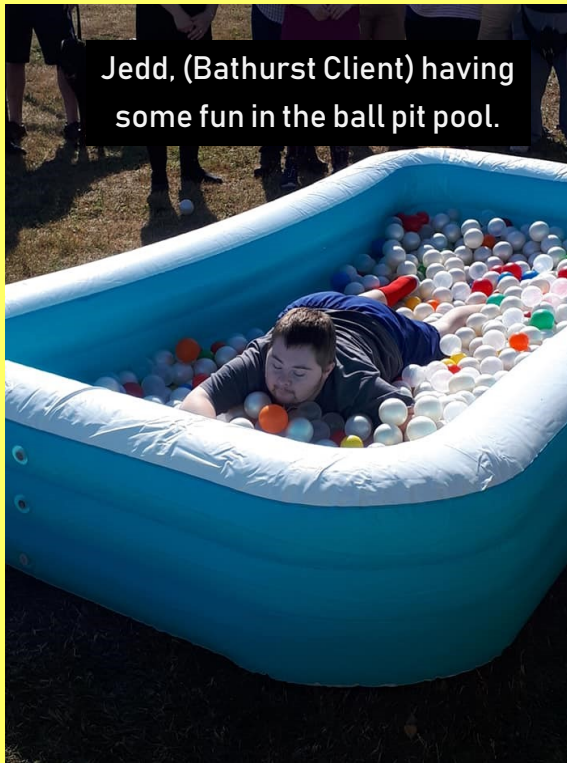
Tiffany (Moncton Client) juggling!



Patrick (PEI Client) with his intervenor, both wearing funny hats!



C
D
B
A



Jedd, (Bathurst Client) having some fun in the ball pit pool.

CAMP FUN



Cathy-Jo, (Saint John Client), with intervenor Katrina, getting lessons on ribbon twirling!



Adam, (Fredericton Client) with intervenor Candice enjoying the sunshine.



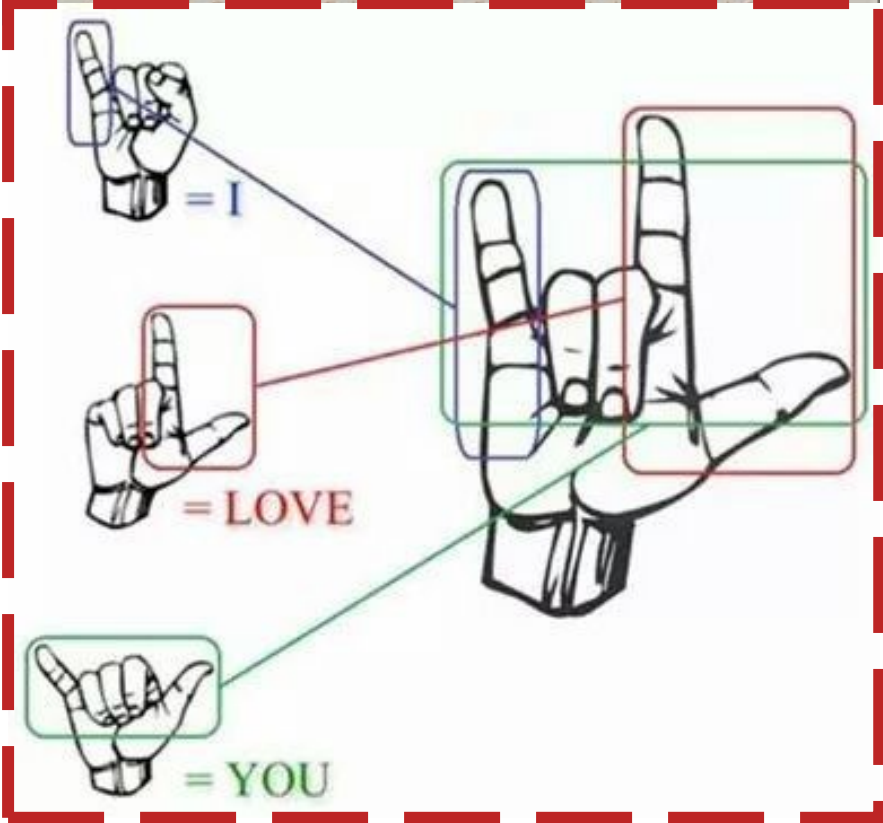
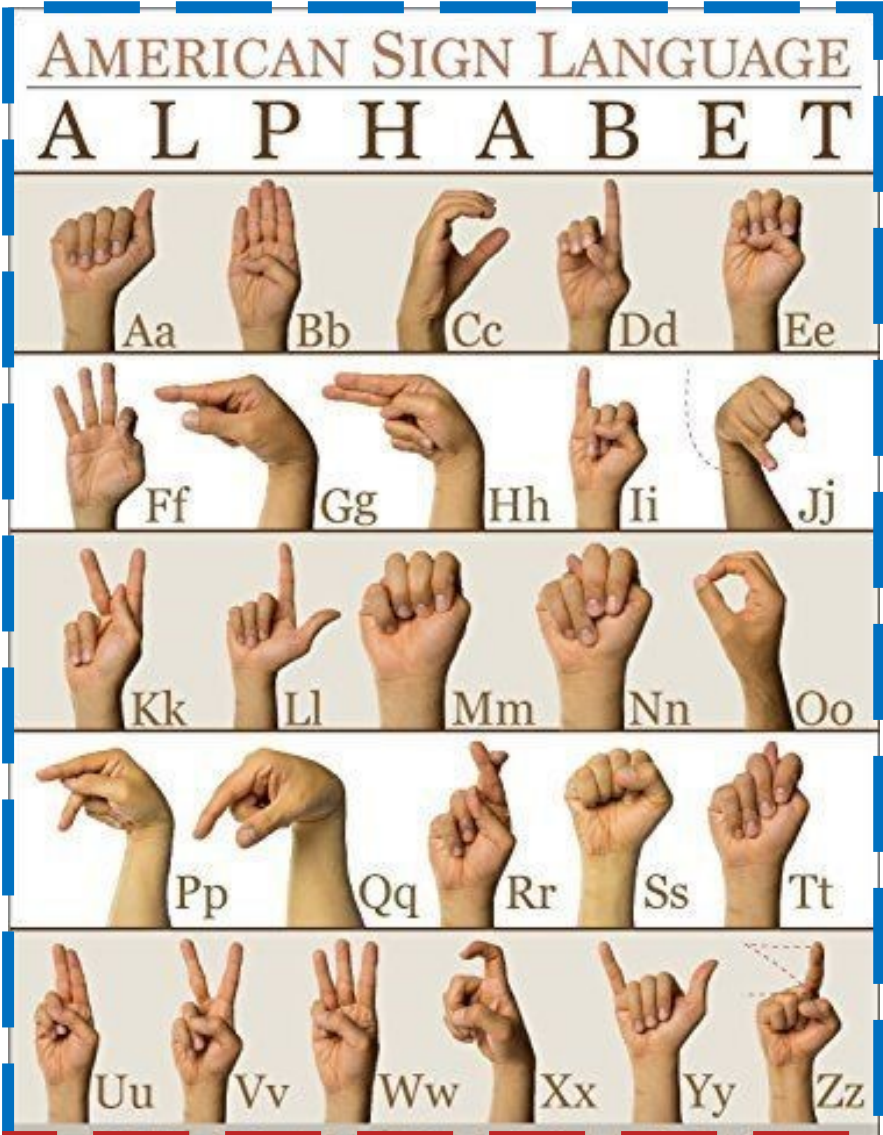
Jamie, (Fredericton Client) with one of the Atlantic Cirque members.



Beth, previous St. Martin's Client, with her dad Earl.

2018





Recipe Winners

This year, we decided to have a recipe contest, with every month having a different food category. The Winning Recipe from each month was tested by our clients in our teaching kitchen during Clubhouse days. Here are a few of the winning dishes and our clients working hard in the kitchen to prepare them!



Campfire S'mores Nachos

Ingredients:

graham crackers
mini marshmallows
regular marshmallows
chocolate chips

Directions:



1. Break up graham crackers and spread them in the bottom of a foil pan. The number of crackers you use will depend on the size of your pan.
2. Sprinkle mini marshmallows on top of the graham crackers. Scatter chocolate chip on top of the graham crackers.
3. Repeat with another layer of the three ingredients.
4. Place more chocolate chips on top along with a few regular size marshmallows.
5. Cover the pan with a piece of foil, making sure to wrap it tightly around the edges of the pan.
6. Place the pan on the grate of a grill or over the campfire.
7. Cook until the marshmallows and chocolate melted.
8. Carefully remove the pan from the fire. Take off the foil lid and enjoy.

Hashbrown Casserole



Ingredients:

1 bag of semi-thawed hash browns

1 cup sour cream

2-3 cups shredded cheese

1/4 cup melted margarine

1 can cream of mushroom soup

Directions:

1. Combine hash browns, sour cream, half of cheese, margarine and cream of mushroom soup.
2. Press mixture into a 9x13 pan.
3. Sprinkle remaining cheese on top.
4. Cover and bake at 350°F for 45-60 minutes or until the center is hot.
5. Uncover and bake for additional 10-15 minutes to brown the cheese on top.



Peaches 'n Cream Pie

Ingredients:

1 ½ cup graham cracker crumbs
 1/3 cup margarine, melted
 ¾ cup boiling water
 1 pkg (85g) Orange Jell-O
 2 cups ice cubes
 1 ½ cups thawed Cool Whip Topping
 2 fresh peaches, peeled and chopped



Directions:

1. Mix crumbs and margarine. Press onto bottom and up the sides of 9" pie plate.
2. Stir boiling water into dry Jell-O powder in medium bowl with wire whisk until completely dissolved.
3. Add ice cubs, stir until jelly is slightly thickened. Removed any unmelted ice.
4. Add whipped topping; stir until well blended. Gently stir in peaches.
5. Refrigerate for 15 minutes or until mixture is thick enough to mound.
6. Spoon mixture into crust. Refrigerate 3 hours or until set.



WINNER

Every recipe that has been submitted each month, including our Winning Recipes made by our Club House members, has been compiled into an 80 page Cookbook. We will be selling this Cookbook for \$10.00 in support of CDBA –NB to help with costs of future activities for our wonderful clients!

Frozen Strawberry Jam

Ingredients:

4 cups of crushed berries
 1 pkg. certo crystals
 1 cup dark corn syrup
 4 cups white sugar



Directions:

1. Combine strawberries, crystals and let stand for 20 minutes, stirring occasionally.
2. Add corn syrup and sugar. Stir thoroughly.
3. Put in jars and freeze.

WINNER

Please contact

office@cdba-nb.ca

to order a copy of the CDBA-NB Cookbook.

Online copies also available!

\$10.00 per copy.



Client Spot Light

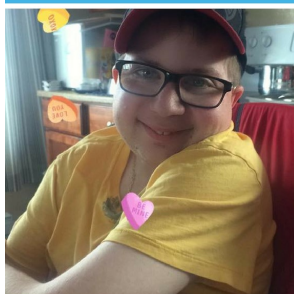
Client Spot Light for July

Meet Eddy!

Eddy is 26 and lives in Minto. His nickname is Jed. He has 5 sisters. He has a dog, Tiny, at home and a cat, Boxer, at his dads. His favorite place is at the Lake. His favorite day of the week is whenever he is with his Intervenor, Jolene. His hobbies include crafts, building with rocks, visiting friends, playing mini golf, listening to live music, mustangs and playing dominos. His favorite smell is coffee or coconut. His favorite pizza is pepperoni and cheese. His favorite flower is the rose and his favorite animal is the dog. He loves vanilla ice cream; George Strait; The Family Guy and his favorite movie is Black Dog. His favorite food is popcorn chicken from KFC. His favorite holiday is Thanksgiving and his favorite season is the Fall. He used to work at Minlac. He hopes to start volunteering with Meals on Wheels again soon.



**Eddy and Kevin
at the car show
in Moncton.**



Client Spot Light Meet Kelsi

Kelsi Jayne, 24 years old, lives in Upper Kingsclear, NB. Her nickname is Kels. She has 2 brothers. She has a dog, Molly, and a cat, Kristie. She loves swimming. Her favorite restaurant is A&W. Her favorite food is squash. She doesn't have a favorite ice cream as it is too cold...prefers whipped cream. She loves horses, the TV show "The Wiggles" and Disney movies. Her favorite day of the week is Wiggle Wednesday and her favorite season is the Fall. She loves Christmas and Country music. Her favorite smell is her mom's baking. Her favorite place is at home with her family.



**Kelsi trying
out some
camp games!**

CLIENT SPOTLIGHT - MEET CRAIG -

Craig Christopher was born on February 27th, and is 32 years old. He has dark brown hair, and green eyes. He resides in Upper Coverdale, NB, and his home is his favorite place! Craig has three sisters, and also one dog named Maggie! Dogs are Craig's favorite animal. He likes all food, but his favorite pizza is the Works, and his favorite ice cream flavor is vanilla! His favorite smell is flowers, and his favorite flower is a poppy. Craig loves Disney Movies, and his favorite show is Sponge Bob. His favorite holiday is Christmas. Craig is also a volunteer for Projects for Humanity.



Matthew loves helping
in the garden!



Client Spot Light Meet Matthew

Matthew lives in Bathurst. He has one brother. He works at the animal shelter and volunteers at the seniors home, SPCA, Spirit of Christmas, and at the Legion. His nick name is Paul - Mat. His hobbies are coloring, making jelly and planting seeds.

Matthew's favorite:

- *smell is fish cooking and jelly cooking
- *flower - rose
- *animal - cats
- *ice cream - strawberry
- *music - country
- *tv show - Hockey (Montreal)
- *movies - scary movies
- *favorite food - stir fry
- *holiday - Christmas
- *day of week - Thursday
- *season - summer
- *place -- Chinese restaurant
- *restaurant -- House of Lee



Matthew enjoying a
ride on the
four wheeler!

CLIENT SPOTLIGHT -MEET KEVIN-

Kevin is 44 years old and lives in Bathurst, NB. He has one sister and one niece who he loves very much. Kevin has dark brown hair, blueish/green eyes, and his middle name is Donald. His favorite foods are poutine, homemade pizza, and chocolate mint chip ice cream. His favorite movie is Titanic. Kevin's favorite season is summer and favorite holiday is Christmas! Kevin also volunteers sometimes with the Special Olympics and with the Spirit of Christmas. His favorite day of the week is Friday. Kevin enjoys playing solitary and watching the weather channel. His favorite flower is any red flower, his favorite animal is a horse, and his favorite smell is the smell of the BBQ. Kevin's favorite restaurant is Atlantic Host in Bathurst and his favorite place is the waterfront.



Kevin always loves getting his picture taken.

Client Spotlight for August. Meet Tiffany.

Tiffany, nickname Sassafras, lives in Salisbury. She has one sister and 2 cats.

Tiffany is 32 years old.

Her favorite place is going to Fredericton to the Stan Cassidy and to CDBA office.

She loves swimming and shopping.

Her favorite:

restaurant is: McDonalds

smell is: cotton candy

pizza is: all meat

animal is: horses

ice cream is: s'mores

music/artist is: Elvis Presley

movie is: Spirit

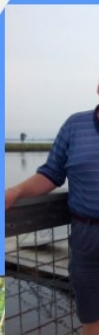
TV show is: Boni Vet Dr. Chris

food is: chicken and pancakes

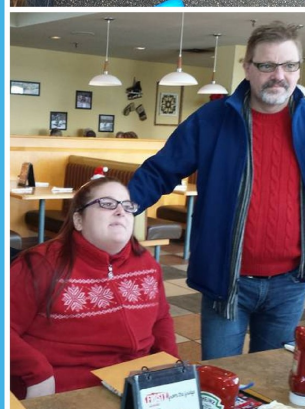
holiday is: Christmas

day of week is: Sunday (gets to go shopping)

season is: Summer



Tiffany loves dressing up at camp!





Apple Picking!

Moncton Clients, Paulette and the late Steven Robichaud, enjoyed a nice fall day apple picking at Verger Belliveau Orchard!





Lyndon (Fredericton client), enjoyed a day with his Intervenor at the Beaverbrook Art Gallery.



Lyndon thoroughly enjoys painting in his spare time and is extremely artistic himself!





Jamie (Fredericton client), and his intervenor Nadia attended a career fair, where Jamie discussed the Snoezelen Room, and helped Nadia teach the ASL Alphabet!



Clients at clubhouse painted “Friendship Rocks” and went to O’Dell Park the following week to hide them for other’s to find for a smile :)



Matthew (Bathurst client), helping his intervenor look after her foster kittens. Matthew also volunteers with the SPCA—he loves animals!





Halloween Fun!



Craft Corner

- No-Sew 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



- ⇒ Start by filling your white sock with rice. You will need a hefty amount.
- ⇒ 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 work too),



- ⇒ Draw the mouth and eyes with a black marker or with black paint.
- ⇒ You can also add pink cheeks if you'd like. Use the two orange pom poms to make the nose.

- ⇒ Add a ribbon for the scarf – glue dots and glue gun work best for ribbons! 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.

Holiday Recipe!



Ingredients :

- 1 bag waffle pretzels
- 2 - 10 ounce packages white chocolate melts
- Crushed candy canes



Directions:

1. Line a 15x10 baking sheet with foil. Make sure the ends of the foil wrap around the pan, so it doesn't move.
2. Lay out the waffle pretzels end to end covering the entire pan as much as you can.
3. Melt the chocolate melts according to the package directions. Gently pour over the pretzels on the pan.
4. Use an angled spatula to evenly and gently spread the chocolate over the tops of all the pretzels.
5. Sprinkle with crushed candy canes or peppermint crunch sprinkles. Let set. Break apart into single pretzels or bigger squares of pretzels.

Holiday Party!

Our annual Holiday Parties were held December 6th (for Fredericton and Saint John), and December 13th (for Moncton, Bathurst, and PEI). In Fredericton, we went to Kingswood Entertainment Centre where we bowled, played some arcade games, had pizza, sweets, and pop! In Moncton, we crafted at the DIY Pottery Café, where we had pizza, sweets and pop delivered to us to enjoy.



Fredericton Clients Sheena and Jamie, with their intervenors waiting for their turn at bowling!



Moncton Client, working on his pottery project!

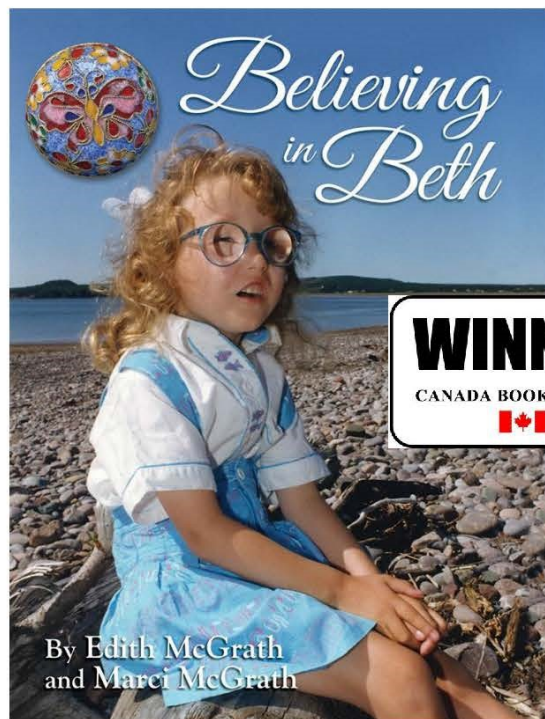
Moncton Client, painting her monster lamp!



Fredericton Clients and intervenors enjoying their pizza before bowling!







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

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.

Feelings



How (are)



you?



(Are) you...?



excited



hungry



thirsty



sick



confused



upset



finished



ready



sad



Tired



excuse



me



New Brunswick/Nouveau Brunswick



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~~ CDBA NB



Kevin Symes

Executive Director

Tammy Dennis

Office Manager

Jody Brewer

Manager of Intervention Services

Molly Grady

Administrative Assistant/
Snoezelen Room Coordinator