

SIGNS OF SHARING

Canadian Deafblind Association-NB Inc. Newsletter



New Brunswick/Nouveau Brunswick

In this issue:

- Message from Executive Director
- Client Adventures
- Believing in Beth
- Craft Corner
- Deafblind Awareness Month
- Winer Wonderland

CDBA-NB

Snoezelen Room

THE CDBA-NB LORNA THOMPSON MEMORIAL SNOEZELEN ROOM IS A PLACE TO PROVIDE AND ENSURE A SAFE, NON-THREATENING ENVIRONMENT. THE SNOEZELEN ROOM OFFERS A NURTURING; PERSON CENTERED SUPPORTIVE ENVIRONMENT AND INTERDISCIPLINARY TREATMENT SPACE. IT IS USED TO FACILITATE EMPOWERMENT, SELF-ORGANIZATION, RELAXATION, SENSORY AWARENESS, COMMUNICATION, REALITY ORIENTATION, ACTIVITY TOLERANCE AND GENERAL AWARENESS OF SELF, PEERS AND THE ENVIRONMENT.

CONTINUED ON PAGE 7



Cameron, Fredericton client



Message from Executive Director Kevin Symes

Well, here we go again, getting ready for what I hope will be a beautiful summer!!! We have many of different things planned for this summer. June is Deafblind Awareness Month, I would like to see all the pictures of the activities and events that you and the client attend this month so that we could include them in the fall issue of our newsletter. We had a bowling event for Deafblind Awareness Month on June 1st in Moncton and Fredericton.

The CDBA-NB Annual General Meeting is set for June 9th in Fredericton. Everyone is welcome to attend this meeting of the Board of Directors. We also have a number of fundraisers, day trips and to wrap up the summer, the CDBA-NB Camp!!!

Just a reminder to the Intervenors that we have support for you and your client in several different ways to attend events. The Fredericton group meets on Thursdays for clubhouse at the office. If you were interested in coming to Fredericton for that day, let us know as we may be able to cover the costs for travel. We would also have to let "Clubhouse" know in advance, so activities can be planned accordingly. If your client is interested in coming to the Snoezelen Room, contact the office to see if there is an opening and if you are from out of town, we will let you know if there is funding to cover your transportation. We also have limited funds for small day-trips for you and your client. For example if you live in Saint John and would like to visit the zoo in Moncton or you live in Moncton and would like to visit the tall ships in Saint John, let us know. There is a request form that you will need to fill out. (this can be found on the website). Depending on cost we may be able to cover part or all of the cost.

We still have the BBQ steaks fundraiser on going until Fathers' Day. If you have not bought a ticket or had a chance to sell some, let Shari know at the office and she will take care of you. This money is what pays for the bulk of the cost to do the day trips, support the Intervenors day trips with the clients, travel to the Snoezelen Room and of course helps with camp. The more we raise, the more money that goes into helping the Intervenors.

I would like to thank Shari, from the office, and all of the Intervenors, who had time to work with Clarissa Gregorio, the student from George Brown College in Toronto, Ontario. I know that Clarissa enjoyed her time in New Brunswick and meeting all of you and the CDBA-NB clients. This is the second student that CDBA-NB has hosted from the College. I look forward to working with everyone in the future if another student decides to come to New Brunswick to meet all of the great people we have at CDBA-NB.

I would like to wish everyone a wonderful summer and hope to see everyone out to all of the CDBA-NB events. As always, if you have any questions or concerns, please feel free to reach out to me. I and the office staff are always willing to help.

Cheers.



Message from the Editor, Shari Ross

Welcome to the 42nd Edition of "Signs of Sharing".

June is Deafblind Awareness Month! Do something to celebrate! We kicked off the month with a bowling event in Moncton and Fredericton.

It has been a very busy Spring. We have had a booth at the Speed Sport Car Show and the World Largest Yard Sale in Moncton. We will also be at the Ford Car Show in Moncton on Father's Day. For the month of May, we hosted a student, Clarissa, from the George Brown College in Ontario. It was wonderful getting to know you Clarissa! I welcome Abby the team for the summer, as the office Administrative Assistant/ Snoezelen Room Coordinator. Welcome also to, Jenna, our office summer student

As we gear up to the Summer months, we look forward to our day trip to Shubenacadie, Nova Scotia to visit the Wildlife Park and our 30th Camp in September. This year's theme will be "New Orleans",

Thank you to those who have submitted to this edition. If you have anything you would like to submit for the December issue, please do so by October 31st. Have a wonderful summer!



Message from the Manager of Intervention Services, Jody Brewer

Hello Everyone,

I really cannot believe it has been almost a year since I entered into my role as Manager of Intervention Services. It has been a great year and I have enjoyed working closer with you all.

We have our day trip coming up soon, which will be in Shubenacadie, NS to the wildlife reserve. This trip will be exciting to learn more about animals in the Maritimes and how they have rehabilitated and cared for them. Also, our annual camp will be here before we know it and there will be lots of exciting things to do as always.

In closing, I want to thank everyone for their hard work and commitment this past year. It means a lot that you all have supported me since becoming Manager of Intervention Services. I want each of you to know that I am here for any questions, concerns or if you just need to talk.

I want to leave you with one of my favorite quotes from Helen Keller,

"Never bend your head, always hold it high....Look the world straight in the face."

30 DAYS

OF

GRATITUDE

#1 - What smell are you grateful for today?

#2 What technology are you grateful for?

#3 What color are you grateful for?

#4 What food are you most grateful for?

#5 What sound are you grateful for today?

#11 What holiday are you grateful for?

#12 What texture are you grateful for?

#13 What abilities are you grateful for?

#14 What sight are you grateful for today?

#15 What season are you grateful for?

#21 What song are you most grateful for?

#22 What story are you grateful for?

#23 What tradition are you grateful for?

#24 What challenge are you grateful for?

#25 What moment this week are you most grateful for?

#6 What in nature are you grateful for?

#7 What memory are you grateful for?

#8 What book are you most grateful for?

#9 What place are you most grateful for?

#10 What taste are you grateful for today?

#16 What about your body are you grateful for?

#17 What knowledge are you grateful for?

#18 What piece of art are you grateful for?

#19 What touch are you grateful for today?

#20 Who in your life are you grateful for?

#26 What form of expression are you most grateful for?

#27 What small thing that you use daily are you grateful for?

#28 What small thing that happened today are you grateful for?

#29 What friend/family member are you grateful for today?

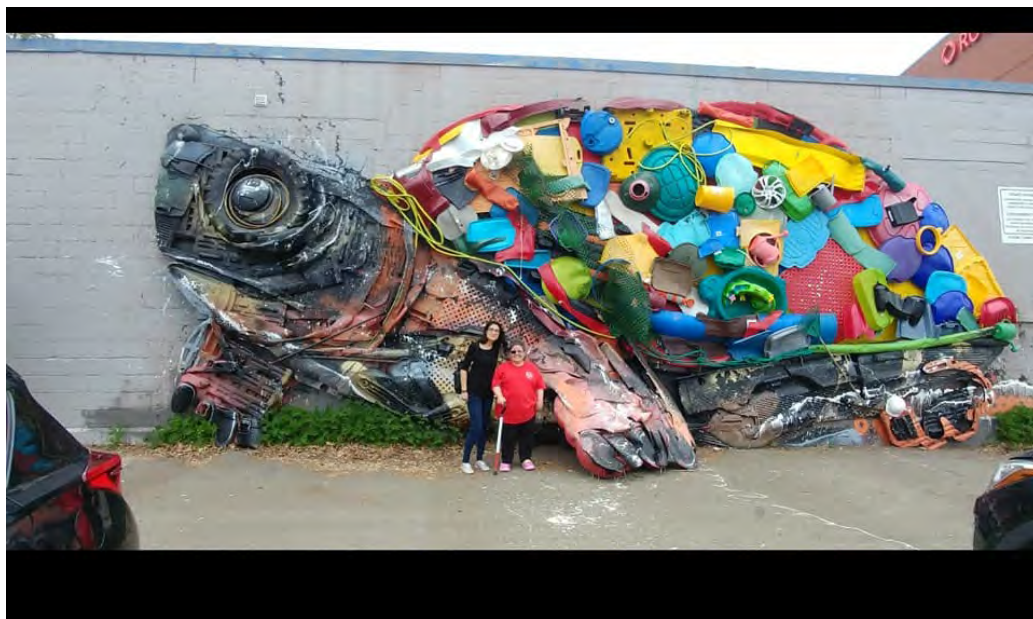
#30 What talent or skill do you have that you are grateful for?



Clarissa is a second year student in the Intervenor for Deaf-blind Persons Program at George Brown College who will be graduating in June. She first gained interest in ASL from her uncle who was deaf, but passed away when she was 15 years old. This eventually led her to the American Sign Language and Deaf Studies Program at GBC where she learned about the Intervenor Program. Clarissa loves learning about anything and everything and takes great interest in trying new things in her free time, she is an avid reader who highly enjoys murder mystery novels. She loves hockey, basketball, knitting, watching movies, taking her two dogs on long walks and basking in the summer sun. Clarissa currently works for the Canadian Helen Keller Centre as a Deafblind Intervenor.

Clarissa Gregorio

Outside her (and Kevin's)
office!



Clarissa and Craig,
Moncton clients, out
exploring Moncton.

Paulette, Moncton client, and Clarissa in front of
Festival Inspire Bordalo ii Turtle in Moncton.

From the busy streets of Toronto to the calm and relaxing forested paths of Fredericton and Moncton, my trip to the East Coast has been quite the adventure. Something I have learned throughout my time spent in the Intervention for Deafblind Persons Program at George Brown College is intervention looks different for everyone. What New Brunswick has taught me is the skill of creativity in developing and implementing activities and programing for each client. The amount of barriers and lack of resources in New Brunswick is sufficient, but the Intervenors here never let that get in the way of finding great activities to provide clients with fun and creative learning experiences. From playing and relaxing in the Snoezelen Room at the CDBA-NB office, to visiting animals at the local SPCA, to hiding and finding Happiness Rocks around town, the Intervenors never ceased to impress me. The abundance of knowledge present, without the training of the Intervention Program, is phenomenal. The number one teacher has seemed to become the strong bond between each Intervenor and client. By forming a bond based on trust, New Brunswick Intervenors have really used that trust to encourage clients to try new things and get out in the community, which is important, as people with disabilities learn best from real life experiences. The bond has also been created on learning the likes and dislikes of the client, and using the clients' like and interests to motivate them to participate in activities that provide the opportunity to learn, practice, and revisit skills of daily living, fine/gross motor skills, turn taking/sharing, communication skills, expressing emotions in appropriate and respectful ways, socialization skills, and so much more.

Thank you to everyone who made me feel so welcomed, and who opened up their schedules and lives to provide me with the greatest learning experience, and such a memorable final field placement. I can genuinely say I will never forget anyone and I learned something from each and every person I met.

Till we meet again.

Clarissa





Richard, Bains Corner client, at his first visit to the Snoezelen Room. He seemed to really enjoy it.

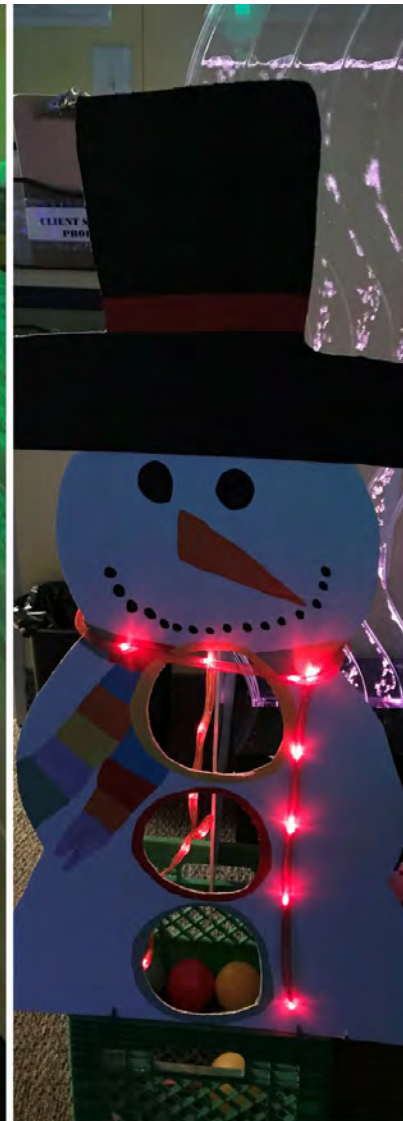


The Lorna Thompson Memorial Snoezelen Room.

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.



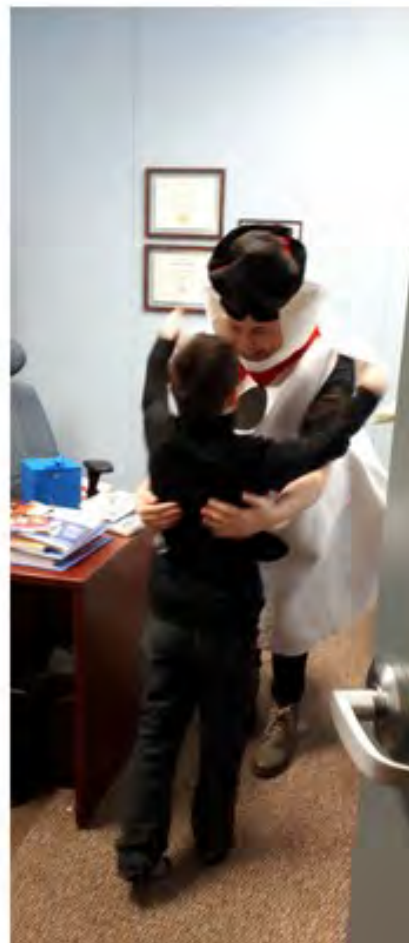
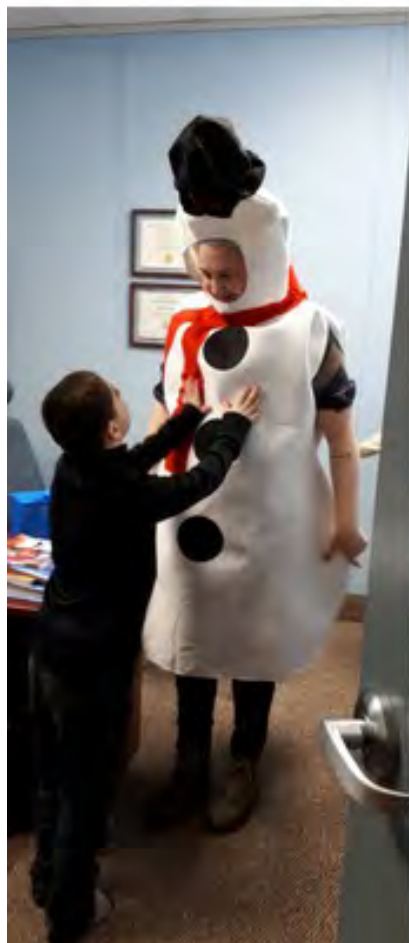
This winter, the Snoezelen Room was turned into a Winter Wonderland!
From melted bottled snow, to a real live snowman, to an igloo...there
was so much to see and do!

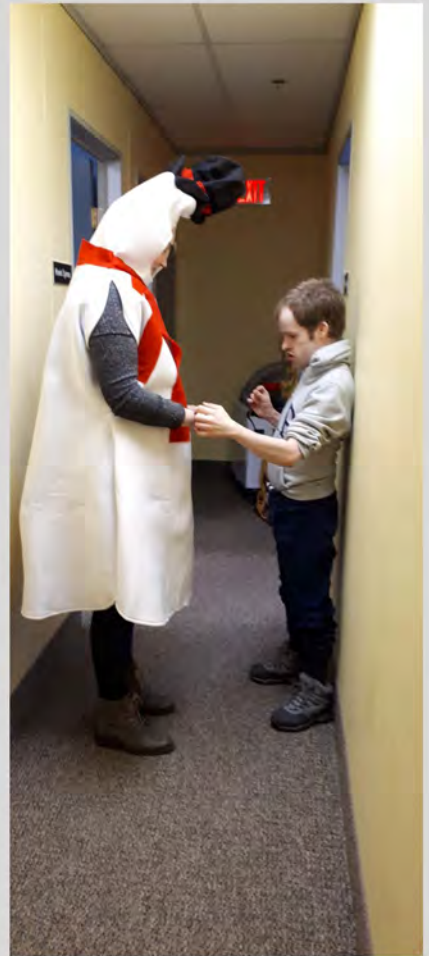




Winter Wonderland 2018

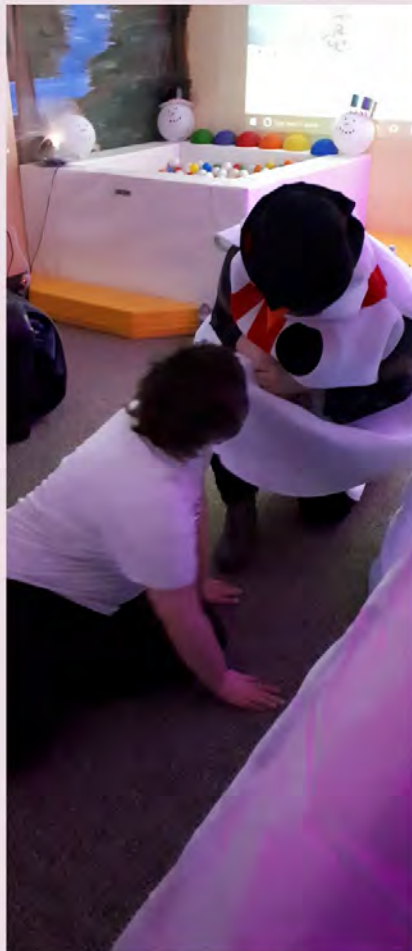
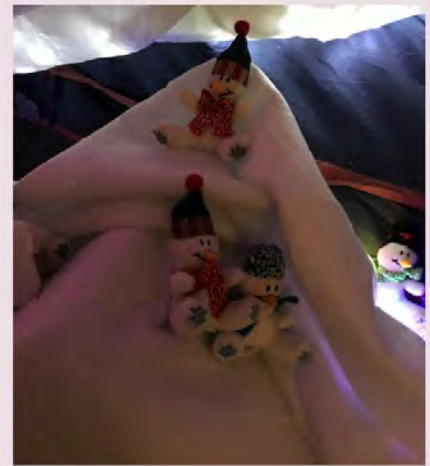






COREY LOVES SNOWMEN

TODAY HE MET A REAL LIVE ONE!
HIS SMILE MELTED OUR HEARTS,
HE WAS SO VERY HAPPY.



WINTERWONDERLAND

KELSI VISITED THE SNOEZELN ROOM TODAY.
LOOKS LIKE SHE HAD A WONDERFUL TIME
EXPLORING THE WINTERWONDERLAND!

Teaching Kitchen

Each month, for 2018, we will be having a recipe contest with a different category. The winning recipe will be tested by our clients in our teaching kitchen. The person with the winning recipe will receive a \$10 gift card from the Superstore. The categories for the rest of the year are: June -appetizer; July - salads; August - bbq; September -canning; October - pies/cake and November- soup/vegetable. Please submit your recipes by the 15th of that month to office@cdba-nb.ca. All the recipes will be put into a cookbook for December 2018.



Peanut Butter Fudge is the winner!

1 cup margarine
1.5 cups peanut butter
4 cups icing sugar
1 tsp vanilla
1 tsp salt
Melt margarine and peanut butter on low heat until blended. Add icing sugar, vanilla and salt. Put in 9x9 pan. Refrigerate for 10 minutes. Cut into squares.



Pumpkin Muffins

Combine:
1 cup vegetable oil
2 cups white sugar

Add:
4 Eggs
14-19 oz can pure pumpkin

Add:
2 cups flour
2 tsp baking powder
2 tsp baking soda
1 tsp cinnamon
1 tsp nutmeg
½ tsp allspice
½ tsp ground cloves
1 tsp salt

Fill muffin tins 2/3 full. Bake 375 degrees for 25 minutes





S'MORE COOKIE MAKING

CDBA-NB clients were given all the submitted recipes, without the name of those who submitted them, to review. They then chose the one they wanted to try.

The winning recipe for December is:

S'Mores Cookies

INGREDIENTS

- 1 package chocolate cake
- $\frac{3}{4}$ cup marshmallows
- $\frac{3}{4}$ cup crushed graham crackers
- $\frac{1}{2}$ cup oil 2 eggs

PREPARATION

1. Combine cake mix, marshmallows, graham crackers, oil, and eggs in a mixing bowl.
2. Using an ice cream scoop or your hand, form golf ball-sized balls of cookie dough and transfer to a parchment paper-lined baking sheet.
3. Bake at 350°F/180°C for 10-12 minutes.
4. Enjoy!

HASHBROWN CASSEROLE

CDBA-NB Inc. • Resource Kitchen



STAY TUNED FOR MARCH'S CONTEST



**The Winning Recipe
for January is:
Reese's
Peanut Butter
Banana Bread**



*Reese's Peanut Butter
Banana Bread*

INGREDIENTS

3 ripe bananas, mashed
 ½ cup creamy peanut butter
 ¼ cup canola oil
 1 egg
 ½ cup granulated sugar

¼ cup brown sugar
 1 ½ cups flour
 ½ teaspoon baking soda
 1 ½ teaspoon baking powder
 ½ teaspoon salt
 8 oz. bag of Reese's mini cups

INSTRUCTIONS

1. Preheat oven to 350.
2. Grease loaf pan.
3. In a medium bowl, whisk together flour, baking soda, and salt.
4. In a large bowl, stir together bananas, peanut butter, oil, egg and sugars.
5. Pour dry ingredients into wet ingredients and stir until just combined.
6. Gently fold in your Reese's mini cups and spread batter into pan.
7. Bake for approximately 1 hour. Keep an eye on the bread and if you notice it is browning too fast on top, lower temperature down to 325.
8. Let cool in pan for 10-15 minutes then transfer to cooling rack.
9. Let cool completely before cutting.



Deafblind Awareness Month

CDBA-NB hosted two bowling events to celebrate deafblind awareness month,
one in Fredericton and the other in Moncton.



Client Spot Light — For the last several months, we have been doing client spot lights on clients from around the province. Watch for new ones on facebook and twitter.



Client Spot Light

Meet Cathy Jo



Cathy Jo, nickname, CJ, is 39. She has one brother and one sister. CJ lives in Saint John and enjoys having her own space at her apartment. She works at Value Village and volunteers at Loch Lomond Villa. Her favorite smell is baby powder; favorite animal is a dog (she has two -- Piper and Little Frank); prefers frozen yogurt (chocolate with pecans) instead of ice cream. Her favorite pizza is Gluten free pizza from Vitos. Her favorite music is by Sam Smith; favorite TV show is Wheel of Fortune. She enjoys reading, playing on her ipad and shopping. Her favorite restaurant is JJs Dinner in Sussex. Christmas is her favorite holiday and Friday is her favorite day of the week because she gets to see her friends at work.



CLIENT SPOT LIGHT

MEET COREY



Corey is a CDBA-NB client who lives in Hanwell, NB. His nickname is Coco. His birthday is in May. Corey is 28 years old. He has 1 brother and 2 sisters. Corey enjoys the hurricane simulator at Kingswood, walking and hanging up things. He loves Mickey Mouse. His favorite food is vanilla ice cream, at DQ. He loves listening to classic rock and country. He likes the smell of timbits and enjoys eating lassanga. His favorite animal is his Intervenor, Janice's cat.



CLIENT SPOT LIGHT

MEET JEDD.

Jedd is 26 years old and lives in Bathurst. His nickname is "Sweetheart". He works at Sobey's and volunteers everywhere! He has one sister. His favorite hobby is watching TV, especially 'Friends' and his favorite movie is 'Harry Potter'. His favorite smell is popping popcorn. He enjoys eating at the Atlantic Host. He loves all meat pizza and hot dogs; favorite flower is red roses and favorite ice cream is cotton candy. His favorite holiday is Valentine's Day. He loves Fridays and the summertime. His favorite animal is cat, he has one named Baily. Favorite artist is Justin Bieber. (at the CDBA-NB camp a few years ago he dressed up as him for the Hollywood theme. This year he was Ursula (see above picture).



CLIENT SPOT LIGHT

Meet Steve!

Steve, a Moncton Client is 33 years old. His birthday is January 23rd. His nickname is Hotwheels. His favorite pizza is with the works; favorite ice cream is Neapolitan. His favorite food is pasta, however at his favorite restaurant it is nachos and wings. He likes the smell of raspberry air fresheners. He likes roses, old country music, the Good Doctor on TV and the Home Alone movies. He loves dogs and has a boxer named Charlie. He volunteers at the Canadian Blood Services, the library and with CDBA-NB. His favorite holiday is Christmas, favorite day of the week is Friday and loves the summer as he hates the cold. His favorite place is Prince Edward Island.



Client Spot Light

Meet Paulette

Paulette (Nickname Charlie) was born on July 16th. She lives in Moncton. She has 1 brother and 1 sister. She volunteers at the Northrop Frye School, MIRA and CDBA. Her favorite restaurant is McDonalds. Favorite pizza is Hawaiian and her favorite ice cream is chocolate chip cookie dough. She loves the smell of coffee. Her favorite food is chicken salad sandwiches. She loves dogs, Fridays, the summer and Christmas. Her favorite place is the beach. Favorite flower is Venus Fly Trap; favorite music/artist is Arrogant Worms; favorite movie is Boss Baby and her favorite TV show is Little House on the Prairie. Paulette loves doing crafts in her spare time.



Client Spot Light

Meet Michelle

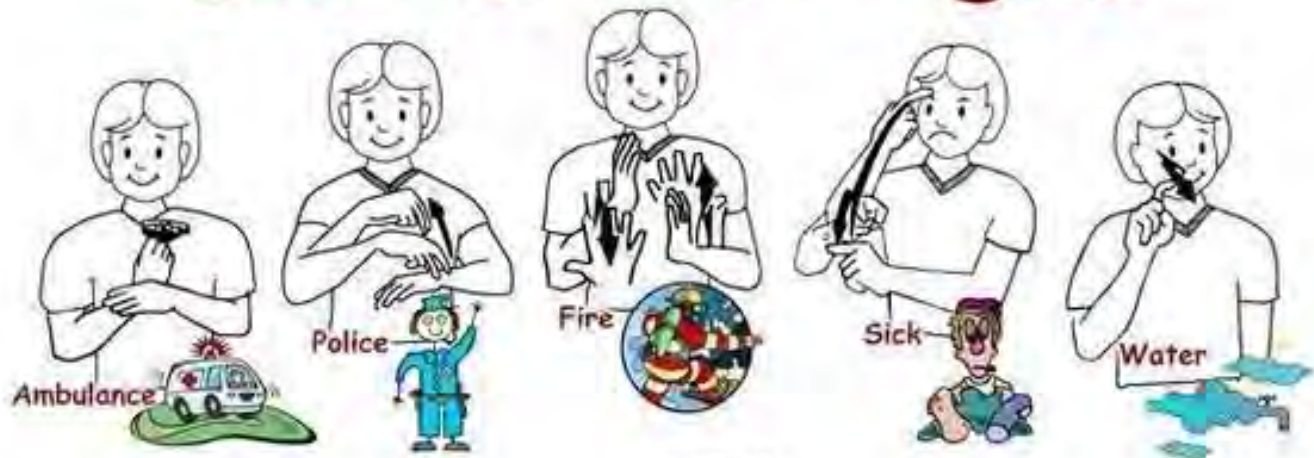
Michelle, 28 years old, lives in Noonan. Michelle works at Walmart. She has one sister. Her favorite smell is peaches; loves cheese pizza and grapenut ice cream. Her favorite food is pasta. She loves horses and white roses. She listens to Rap; enjoys Vampire Diaries and Fast & Furious movies. Her favorite holiday is Christmas; favorite day of week is Friday and favorite season is the Summer, with the park being her favorite place. Her favorite restaurant is Frank's Finer Diner.

August 2014

All done		More		Please	
Eat		Drink		Water	
Milk		Help		Bathroom	
Play		Thank You		Wait	
Stand up		Sit down		Yes	
No		Inside		Outside	

Workplace signs

Emergency Signs



Client Adventures and Fun!



Lyndon, Fredericton client, took a course at Art with Exceptionalities. They were working on negative space.



Sheena, Fredericton client, speaking to a grade 4 class in Chipman. As a thank you, the students made this sensory mat for our Snoezelen Room.

Eddy, Minto client, making treats and crafts for Valentine's Day.





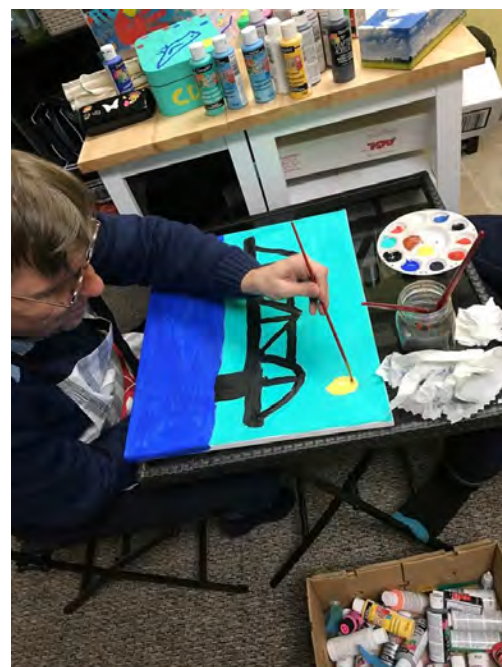
Matthew, Bathurst client, enjoying a healthy meal he and his Intervenor, Audrey prepared.



Canadice, Intervenor and Adam, Chipman client, enjoying the nice winter weather.



Eddy, Minto client, thinks it's a perfect day for a canoe ride.

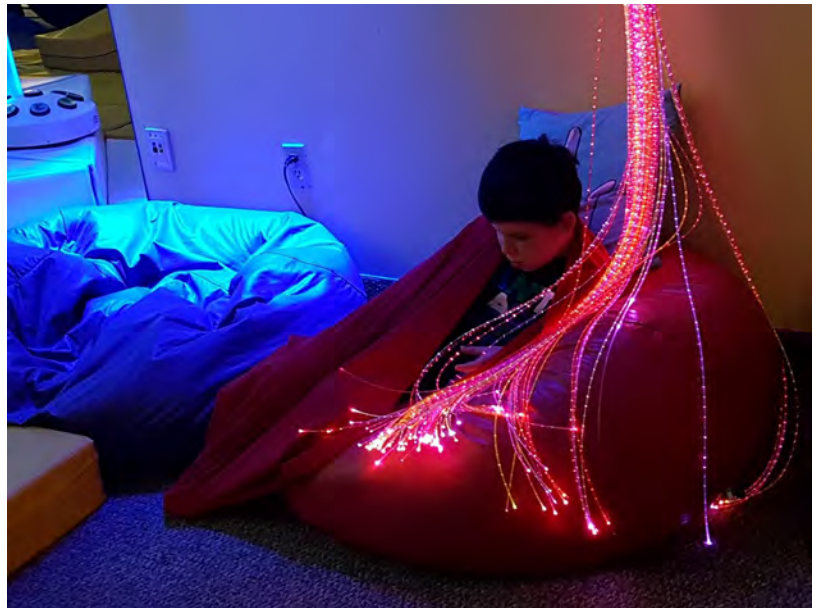


Lyndon, Fredericton client, generously donated his artwork to L'Arche Saint John for their 31 days of Art Fundraiser in February.



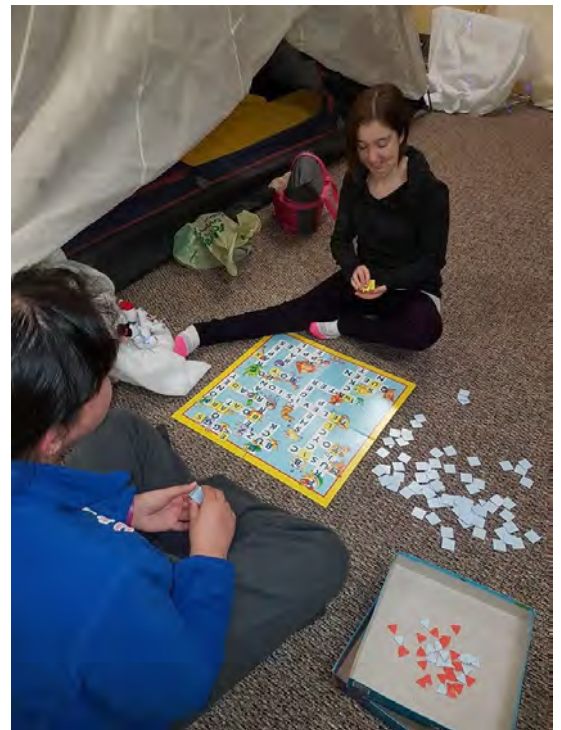
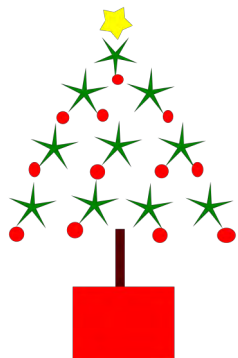
Client Adventures and Fun! (continued)

Jamie, Utopia client, and Paula, his Intervenor on a trip to Fredericton.



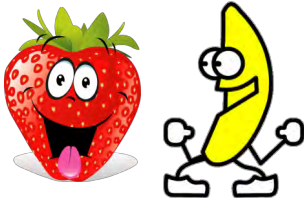
Cameron, Fredericton client, enjoying the Snoezelen Room.

Tiffany and Paulette, Moncton clients, at the CDDBA-NB Christmas party.



Michelle and Sheena, Fredericton clients, spending time playing a game.

Recipe Corner



Strawberry Banana Bread

Made by Steve, Moncton client, and his Intervenor, Vanessa

Ingredients

- 1/2 cup softened butter
- 1 cup white sugar
- 2 large eggs—beaten
- 3 ripe bananas
- 2 cups flour
- 1 tsp baking soda
- 1/2 tsp salt
- 1 1/2 cups of strawberries—chopped, tossed in 1 Tbsp of flour



- Cream butter and sugar until fluffy.
- Beat eggs with a fork, add eggs to sugar mixture and beat until combined. Add mashed bananas—mix together.
- Sift all dry ingredients, slowly add to banana mixture. Fold in strawberries.

Bake at 375 degrees for 15 minutes — reduce to 350 degrees for 30 minutes.

Makes 2 loaves.





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.





CRAFT CORNER

When Clarissa (student from George Brown College) was here, she spent one afternoon teaching clients to make these. (pictures on next page)

Homemade Bath Salts

Add to your bath for a relaxing experience!

Ingredients:

1 cup Epson salts

2 Tbsp baking soda

2 Tbsp sea salts

20-25 drops essential oil (your choice)

2-3 drops food coloring (your choice)

Mason jar

1. Add Epson salt, baking soda and sea salt in to a bowl. Mix well.
2. Add essential oils. Mix well.
3. Add food coloring. Stir until coloring is even throughout.
4. Pour into a mason jar, tightly sealed.
5. Add labels and ribbon (optional)
6. Store in dark area (in cupboard, out of the sun). Can store for up to 12 months.

Homemade Lip Scrub

When your lips get rough and dry, dab a bit of the scrub on your lips and rub your lips together. The scrub will get ride of all the dry/dead skin on your lips, leaving them smooth and soft.

Ingredients:

1/2 cup granulated sugar

1 Tbsp olive oil

2 drops of food coloring (your choice)

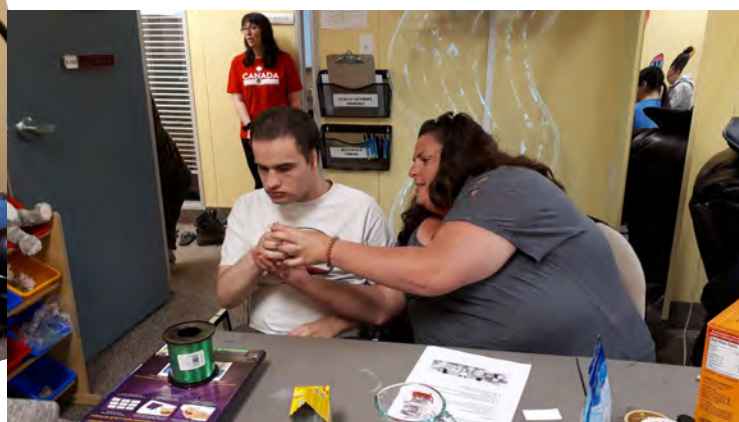
2-3 drops food flavoring (your choice)

Small jar or container



1. Add granulated sugar and olive oil in a bowl. Mix well.
2. Add food flavoring. Mix well.
3. Add food coloring. DO NOT add too much, it can stain your lips. Mix well.
4. Fill container with mixture.
5. Add label and ribbon (optional).

When Clarissa (student from George Brown College) was here, she spend one afternoon teaching clients to make homemade bath Salts and homemade lip scrub. (recipes on previous page)





A huge thank you to TELUS Community Board Grant for the \$10,000.00 donation towards our camp in September.

In photo, Shari Ross, Office Manager of CDBA-NB; Kevin Symes, Executive Director of CDBA-NB and Michelle LeBlanc, Account Manager Business Solutions East – TELUS Business.

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



CDBA-NB INC.

OFFICE STAFF

Kevin Symes

Executive Director

Shari Ross

Office Manager

Jody Brewer

Manager of Intervention Services

Abby Boutilier

Administrative Assistant/ Snoezelen Room
Coordinator (Summer)

Jenna Bertin

Office Summer Student