

CWSDS-Day Services

Issue 1

Summer 2018

Welcome to the first edition of the Day Services Newsletter. Our goal is to have a quarterly Newsletter that will outline some of the wonderful things that are happening in Day Services.

Day Services has been undergoing an incredible transformation over the last few years. Day Services Programs have taken on a more recreational and leisure based focus. Our goal is to support individuals to be involved in meaningful, goal centered, outcome based activities.

About Day Services:

Day Services currently runs out of CWSDS main location-53 Bond Street. We have 48 individuals currently attending Day Services. We are open Monday-Friday. Day Services usually run from 9:30 am-2:30 pm. There are 5 full time programs that are held at Day Services as well as 1 part time program. The 6 Programs are:

1. Timeless Connections
2. The View
3. Creative Expression
4. Step by Step
5. Tribond
6. Community Connections

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The Day Service Staff

We have some incredibly dedicated, passionate and caring staff who work in Day Services. Some staff have been with the agency for over 30 years while others for only a year or two.

We have 15 full time staff and 6 relief staff. All of our staff have the same goal-to make the time individuals spend in Day Services as interesting, fun and educational as possible.

Meet the Staff:

Timeless Connection: Greg Honsberger
(Room 231) Lisa Krumppek
Evelyn Goslin

The View: Nicole Mowbray
(Room 121) Theresa Reid
Rachel Croll-Reid

Creative Expressions: Nancy Plume
(Room 125) Mary Bedard
Cassie Traill

Step by Step: Manny Fascione
(Room 226) Laura Salmon
Jill Cameron

Tribond: Ashley St. John
(Room 237) Pat McCoy
Sharon Pepin

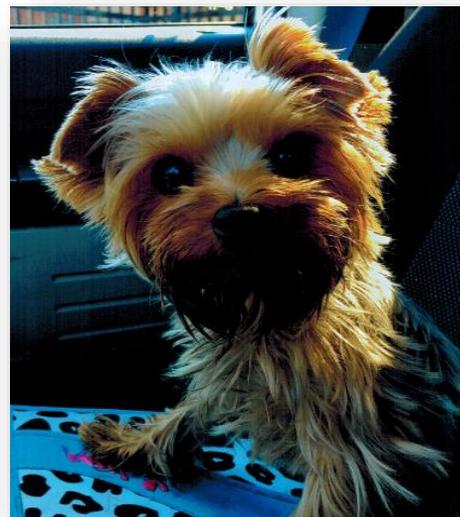
Relief Staff: Ross Wilson
Sue Whiteside
Tanya Stewart
Samantha Stephens
Amanda Aleman Pastor
Wrayan Morrison

Manager: Alfred Barretto
Area Manager: Joanne McCallum

TIMELESS CONNECTIONS

“Age is no barrier.
It’s a limitation you
Put on your mind.”

Who says getting older can’t be exciting? It’s been a wonderful year at Timeless Connections with many adventures to be had. Along with our regular routines of crafts, karaoke, spa days, aromatherapy, snoezelen room, sing-a-long movies and enjoying fruit water and bubbles while on our beautiful patio with friends. We have enjoyed a variety of excursions!



Some of the places we have been to see are the sunflower fields at Bogle Farms, the lavender fields at Wiers Lavender Farm, picking apples and enjoying tractor rides at The Apple Orchard. Feeding the chickadees and chipmunks at Cherry Hill and we went to The Burlington Art Centre to watch an amazing theatre production. We always enjoy going out for coffee or tea dates to the Mad Hatter, Fortinos while running errands or the Kerr street Tea Shop.



There have been boat rides, pizza parties, trip to Build- A- Bear, The War Plane Museum, Alpacas and Exotic Animal Shows but one of the most rewarding time was when we rescued a very scared and panicked little puppy (which we found out later his name is Milo and he went missing 3 hours prior running in and out of traffic) With the help from Nancy and the rest of the Star lane crew, we came together and caught sweet Milo! The ladies were elated and what a story we had for the drive into CWSDS it was!



We are having lots of fun here at Timeless Connections and look forward to many more exciting and fun adventures together!

*“Aging is not
Lost youth but
A new stage
Of opportunity &
Strength”*



Tribond

Tribond's main focus is community involvement. We try to provide a variety of outings and experiences that will appeal to each of our individuals. We also provide employment skills through the running of the vending machines and grocery delivery program



This summer we have been to: Frootogo Apple Orchard, CharterAbility boat cruise, Strabane Community Park, Burlington Farmers Market, Rattle Snake Point Conservation, Veladrome walking path, Bronte Park, Hot Oven Bakery and many other local community excursions.

Creative Expressions... This program continues to evolve and offer new experiences for everyone. In house we encourage people to enhance their literacy skills by reading the words on the page, telling the story based on the picture in the book, or using an iPad to assist with the story thus being the hand that turns the pages. Working on these skills has given the group great pride in being reading buddies to others in the building. Learning sign language is another segment that is enjoyed by everyone. The sewing program has assisted with mending drapes for the houses and also takes on individual projects. Six individuals volunteer at the thrift store on Kerr Street. We have ventured to the Bronte Pier to see the Muskoka chair that we painted this year (Take a Bite out of Summer).



We have been to Bronte Provincial 7 Park, Lowville Park, Gairloch Gardens, Echless Estate, and many other local parks/stores. We also take advantage of our local Art Galleries. We frequent the Burlington Art Gallery and have been able to enjoy a wide array of art displays. (Oakville Town Hal, the Nature Centre at Bronte Park and Queen Elizabeth Park Community and Cultural Centre)



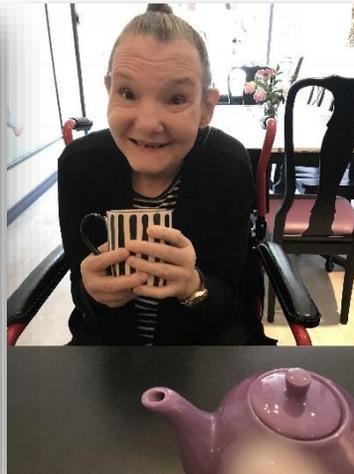
One of our favorite places to visit is the Mad Hatter Tea Co. on Kerr Street. We take turns going there with our peers every week.



THE VIEW

Formally known as BODY, MIND & SPIRIT

Over the summer, The View has been working hard on offering a variety of new experience for the Individuals. Thanks to the introduction of our Community Connection Program we have been able to intermingle with all of the different day programs to places like the Toronto Music Garden, Bronte Creek Dundas Valley Park, The Military Museum amongst other venues . We enjoy working on our creativity by making sensory play dough, colouring, decorations for our room like our jelly fish and flowers, activity kits, assembling wooden animals, and painting. We also encourage literacy and math skills by journal writing and math sheets.



We have been able to become more active in our community by participating with CLO in activities like the boat ride, karaoke, movies, alpaca and birds of prey show. As a group we have been able to explore our community with visits to Little Rays Reptile Zoo, visits to local shops like Mad Hatter Tea, Spring Tea House and Fantastico Pizza, activities on ground such as pet therapy and swimming, weekly visits to farmers markets and out to Bronte Harbor. Baking and holiday activities like our painted Easter eggs are enjoyed by everyone in our day program. We have encouraged independence by teaching people to make their own coffees at the end of the day. In doing the above we have been able to work on/meet some of our individual goals.



Community Connections

Welcome to the Community Connections program, this is a new part-time day program that compliments pre-existing day services. The program started in May of this year and is run on Tuesday's and Thursday's, for the full day with two staff, Laura from the Step by Step program and Rachel from The View. The staff make a schedule a month in advance and send it to the various Day Programs to allow the participants the chance to pick activities they will enjoy or have wanted to try. We bring bagged lunches and will usually eat al fresco at a park or down by the waterfront.

This was a busy and exciting summer for Community Connections and we really got a chance to visit and experience many of the attractions Halton and Hamilton have to offer. In May we purchased a Hamilton Conservation pass, which allowed us to visit Dundas Valley Conservation, Fifty Point Conservation, Confederation Beach Park and Valens. The parks offered many activities, such as hiking, swimming, rock collecting, animal and bird watching, picnic spots, BBQ's, and education on the preservation of wildlife and flora, all while in a beautiful natural setting. Valens may have been our favourite experience because we got to use an actual campsite, eat our lunch at a picnic bench while we had a fire in the pit.

We also visited several historic sites in the Halton, Hamilton area. We went to Ireland House and Bronte Creek and learned what it was like to be a farmer in the 1800's. We all agreed that it was a tough job and a lot of hard work. In July, we visited the Hamilton Military Museum located in the lovely grounds of Dundurn Park. We saw cannons, muskets, and the uniforms soldiers would have worn during the War of 1812. We even got chance to live like a soldier in camp, we tried the tent, carried the backpacks soldiers would have carried, and beat drums. It was a really neat experience and we were thankful to those soldiers who fought for Canada. We also visited the Warplane Museum in Port Hope. The museum was very interesting and everyone enjoyed checking out the old planes and learning what it was like to live during the war.

We went further afield in mid-July when we visited the Toronto Music Gardens located in Toronto's beautiful Harbour district. This delightful garden was designed by internationally renowned cellist YoYo Ma. We had our lunch in the Harbour and wandered by the docks looking at the boats.

We could not list everything we did this summer but these were a few of our favourites. We have received a positive response from participants and everyone has really enjoyed themselves while out. We look forward to more excitement and fun while exploring our community.



STEP BY PROGRAM

Welcome to the Step By Step Program! We are a recreational based day service program with 9 individuals and 3 staff. The individuals in this program come from various homes both on grounds and from within the community.

It has been a busy exciting summer where the individuals in this program have enjoyed numerous activities!

We have had the opportunity to visit the RBG to feed the birds, we have gone apple picking at a local farm, enjoyed taking part in an Accessible Boat Ride and BBQ, visited an Alpaca Farm, went to Bronte Creek Provincial Park and Hutches at the Beach.

The individual's in this program attended 3 live performing shows; The Burlington Performing Arts, the Birds of Prey Show and the Dancing Dogs Show. We wrapped up the summer season with a Fishing Trip along the Grand River! Once a week we also participate in a Recycling Program helping pick up recycling from 3 local churches.

This program participates in center-based programs such as relaxing in the Snoezelen Room, Health and Wellness in the gym, swimming, pet therapy and our day services program has a smoothie bar program where the individuals assist making smoothies for all day services programs to enjoy!

