



Spring
2020



From the desk of Brian Swainson, Executive Director

Coming Together and Bringing Out the Best

With the global COVID-19 pandemic now upon us, our first priority has been, and continues to be safeguarding the health and wellness of the clients and families we support, our dedicated and committed employees, and everyone else in the Sunbeam community. We continue to work collaboratively with the Ministry of Children Community and Social Services (MCCSS), our local Public Health Department, and a network of peer Developmental Services organizations, locally and provincially. These connections and relationships have ensured that we remain fully informed of risks, opportunities, challenges and emerging best practices during these challenging times.

We have also been very intentional about ties with local hospitals, the Ministry of Health, and even the Ministry of Long-Term Care as we scan for guidance, directives and protocols which allow us to strengthen our precautions and protocols as the global pandemic continues to impact our communities.

The current global crisis has brought out the absolute best in the Sunbeam community. Our staff are committed to understanding and applying the precautionary protocols put in place for everyone's safety, while at the same time providing much needed care and supports to the many exceptional clients we are privileged to serve.

We understand and appreciate the anxiety, stress and fear that our clients' families are experiencing, and although the need for suspension of in-person visits is essential, this physical distancing makes things even more difficult for families and clients. Thankfully, with ongoing updates from staff to families, creative use of technology to enable "virtual" visits by telephone or video devices, and a few "front yard chats" with families speaking with their loved ones at a distance, the lines of communication remain open.

To our clients' families, please know that our front-line staff, our registered staff, our health and allied health professionals, our support staff and management are rising to the challenge. I have been truly inspired by the commitment and compassion I have witnessed. The Sunbeam community is resilient and responsive, and we are caring for your loved ones as we care for our own families.

Keep safe and keep well, *Brian*

Excerpts from a Message of Appreciation to our Staff

On behalf of the Sunbeam Centre Board of Directors I would like to personally extend our sincere appreciation for the work that you continue to do in support of all clients we serve, especially during this challenging time. Brian Swainson and his leadership team, working under guidelines provided by Public Health and the various Government Ministries, have promptly enacted the critically important measures to mitigate organizational risk and protect the wellbeing of clients and staff within the Sunbeam community. Supported by strong communication within the organization I sense staff are pulling together with heartfelt concern, acting in the best interest of all of our clients. Many learnings from the current crisis will only strengthen client services in the future.

Be safe and look after yourselves.

With gratitude,

Ben Spengen, President, Sunbeam Centre Board of Directors



Community spirit alive & well at DSRC!

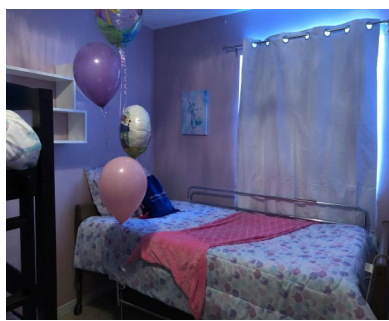
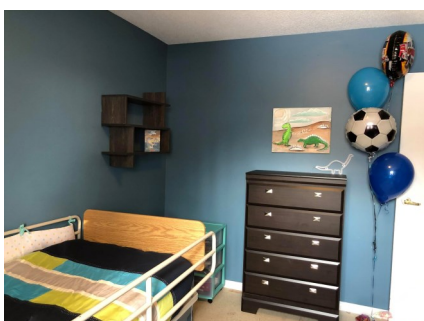
The staff at Developmental Services Resource Centre spend their days, & some evenings, providing support to people that live in challenging situations. When the isolation began & grocery stores were overwhelmed & understocked, the team knew some clients would need assistance. They went beyond regular duties by delivering groceries & doing wellness checks on those most at risk. They continue to provide that service & will deliver activity kits for families with children who might not benefit through online learning.



Wishes do come true!

A local family that is supported by the Service Planning Coordination Program, hosted by DSRC, received a wonderful surprise—the Make-A-Wish Foundation granted the wish of three of the children of this large, loving family.

The upgrading of the bedrooms with new furniture was an exciting surprise and made some boys and girls very happy. Dad feels that this was a healing experience for the family. They are grateful to everyone in the community that came together to assist Make-A-Wish in making this happen.



Anniversaries at Sunbeam!

Anniversaries are celebrations of milestones and we are so fortunate at Sunbeam to have recently celebrated a few with our “family”. Although in the current environment it was impossible to visit with loved ones in person Lisa J was able to FaceTime and Skype with a few. She then made cupcakes to mark 16 years as part of the Sunbeam family.



Appreciating Workers!

Medical staff and support workers across Canada have been working long hours and putting themselves at risk to ensure the safety of others. Local communities are making noise at 7:30 p.m. to honour them. Many of our residents are preparing



for bed at that time but they wanted to show that they care. They thought 2 p.m. was

a good time to make noise... and make noise they did.



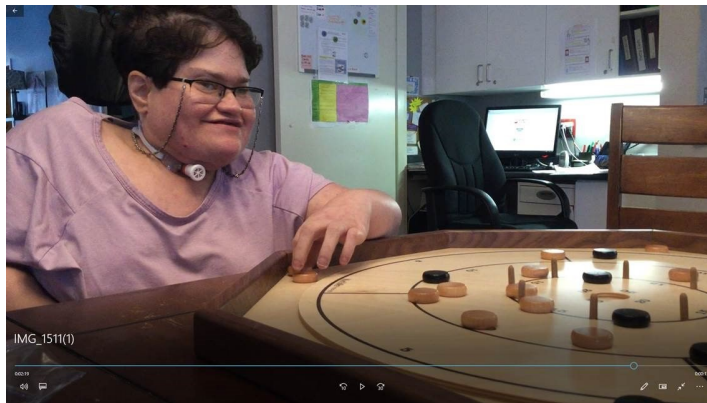
Other residents are creating messages and notes of thanks to show how much they miss their support workers because without them life is not as exciting.

Keeping busy during isolation.

Most of us enjoy a few days at home to relax and unwind, but when days turn into weeks and months we have to find creative ways to keep busy. Although our residents can sit on the deck or patio of their homes, or go for short walks, their daily routines have been impacted significantly. In an attempt to keep themselves busy they are trying new things. Our residents are learning new games, learning how to play instruments, sending challenges to other homes, creating crafts, and of course baking and cooking! Lisa's father bought her a crokinole board. How many of you remember that game? I am sure that it will experience a resurgence after isolation ends, at least in the Sunbeam Day Program. I also smell a lot of baked goods in their future.



Chris learning new songs on the guitar while sharing with a friend online.



Due to the COVID 19 outbreak our May online auction has been delayed. When we set a new date we will share with our community.

Community at its best—Thank you Vidyard!

It seems like such a long time ago that Vidyard stopped in for a visit. So much has happened since they brought a bit of sunshine to Sunbeam with the creation of a beautiful mural. Their staff members also made our Day Program participants very happy with a spa day and games galore. We look forward to their next visit.





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Sunbeam put out a call to our community family to help us make cloth face masks for our staff & residents. The response was heart warming and kits for over 800 masks were picked up with the majority returned at this writing.

Esme & Kieren Bruce-Miller and their mom Kelley answered that call to provide masks for our staff and residents. It is so wonderful to see young people supporting their community in challenging times.

Thank you to everyone that is helping Sunbeam keep our residents and staff safe. **STAY SAFE!**

www.Sunbeamcentre.com

Inclusive communities where people of all abilities are valued.