



2749 Kingsway Drive
Kitchener, ON N2C 1A7

Although 2020 has not quite turned out to be what anyone expected
milestones still occur and Sunbeam wishes Equitable Life a
Happy 100th Birthday.



Thank you for being such an amazing community champion.

www.Sunbeamcommunity.ca

Inclusive communities where people of all abilities are valued.



Fall
2020



From the desk of Brian Swainson, Chief Executive Officer

We have all faced a multitude of challenges since the onset of the COVID-19 Pandemic earlier this year. Risk of serious illness, fear of the unknown, job and income security, feelings of isolation, resulting stress and depression and more have impacted every aspect of our lives and our families.



Within the Developmental Services sector, organizations such as Sunbeam have had to react and respond very quickly to protect the safety and health of the individuals we serve and the essential staff who support them. Government and health authorities continue to provide information, recommendation and precautions which guide our pandemic response, based on the ever changing landscape presented by COVID-19.

Sunbeam has been fortunate to also rely upon the clinical expertise of our registered staff and physicians, collaboration with community and health partners, and the commitment of our essential front line staff to understand and apply the most current pandemic precautions. Recognizing that the authorized guidance regarding pandemic precautions continues to change and develop over time, we remain committed to keeping our community informed through resources available on the "COVID-19 INFO" page on our website at: www.sunbeamcommunity.ca/covid-19-information.

With Thanksgiving just past, I couldn't help but reflect on the importance of being thankful.

I am thankful for our staff teams and essential workers at Sunbeam, who have responded to a constantly changing environment of adversities this year with professionalism, dedication, commitment and cooperation. Our staff have kept their focus on the needs of our clients and developing creative solutions to provide much needed supports.

I am thankful for the understanding and patience of our many families and community partners as we have applied precautions and protocols based on best information available at the time. As we learn more and know better, we do better.

I am thankful for the many loyal volunteers, donors and supporters in the communities we serve. Whether sewing / donating masks for our staff at a time when our usual supply sources were uncertain, or financial contributions to assist with much needed pandemic supplies and resources, we are so grateful for this important assistance at a time when it was most needed.

And I am thankful for all the essential workers across our communities, whether in hospitals, community / social service programs, first responders, grocery store workers, gas station and public transit workers, and more. So many unsung heroes have risen to the challenge.

Brian

Thank you to the Ontario Federation for Cerebral Palsy—LEAF Emergency Fund for providing several grants to assist with additional expenses related to COVID.



From pizza delivered by Little Caesars, to coffee & treats dropped off by Starbucks, to cookies delivered by our team at SDRC, to meal gift cards provided by Tapestry Hall in Cambridge, our front line workers felt the love. Waterloo Region is truly AWESOME!



Your continued support over the past six months helped Sunbeam to purchase additional PPE and cleaning supplies and made it possible for Day Program staff to conduct some programming in our homes. They were also able to drop off packages to those we serve in the community and design virtual programs to offer modified solutions that provided continued stimulation and socialization critical to their well-being. Thank you!

Have you considered hosting an online fundraiser for a special event such as your birthday, with Sunbeam as the recipient? Considered giving a gift of stocks or bonds? Increasing your impact by becoming a monthly donor? We are happy to help with that.



Make a financial donation to Sunbeam:

Online at sunbeamcommunity.ca
By calling Susan Stark @ 519.573.5554
By mailing or dropping off a cheque to
2749 Kingsway Drive in Kitchener, ON N2C 1A7



Volunteer

Please visit <https://sunbeamcommunity.ca/volunteer> to learn more about how you can make a difference by becoming a Sunbeam volunteer.



Leave a gift to Sunbeam in your will. You can have a lasting impact on the lives of the vulnerable that we serve by remembering Sunbeam in your will. It is as easy as speaking to your financial advisor.

Stronger Together Auction exceeds goal!

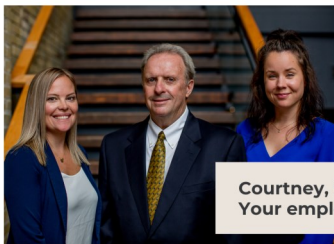


Our July online auction was a great success. We exceeded our goal of \$2,500 with the help of a generous community. During this challenging time we are truly grateful to the local businesses that supported us. A special thanks to Kay Hoshian of Remax Twin City, our auction sponsor. The bird houses decorated by residents of our group homes were a huge success. Here are a few examples. Great job everyone!



- * Ashley Schadenburg, Epicure
- * Frid & Russell
- * Golf North Properties
- * J.D. Sweid Foods
- * Kerry Weir, Sunbeam Staff
- * Mirela Askraba
- * Rebel Creek
- * Shaker's Pharmacy
- * Starbucks, Williamsburg
- * Starks KW
- * Stew Gingrich
- * The Waterloo Region Museum
- * The Old Spaghetti Factory
- * Thies Electrical Distributing
- * Tisket Tasket Baskets—Kris Villemaire

Want to do some Christmas shopping from the comfort of home and support a fantastic organization at the same time? Then join us between Nov 23 to 29 for our **Tis the Season auction**. The funds raised will help with the additional, unexpected costs realized as a result of COVID-19. Visit <https://www.32auctions.com/Sunbeamtis theseason> to view and bid. If you or someone that you know would like to support Sunbeam by donating an item to the auction please contact Susan Stark at s.stark@sunbeamcommunity.ca.

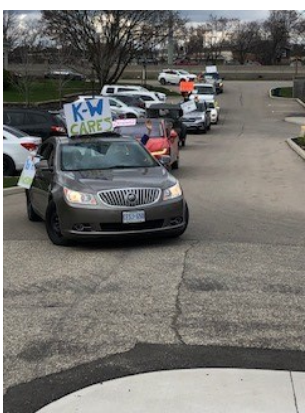


STEVE KIDD EMPLOYEE BENEFITS CONSULTING INC.
www.stevekiddbenefits.com
info@stevekiddbenefits.ca
519-744-4545

Courtney, Steve and Angela
Your employee benefit and pension team.

We want to thank our auction sponsor, Steve Kidd Employee Benefits Consulting Inc. for investing in the amazing people that we serve.

Members of the Kitchener Westmount Rotary Club doing a drive by honking at Kingsway Drive to show appreciation for our front line workers.



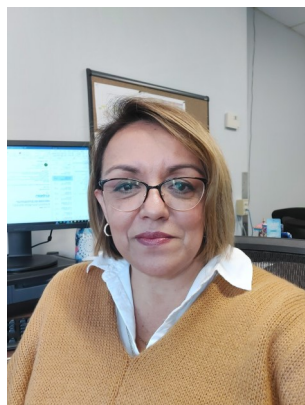
New Faces at Sunbeam

Welcoming two new members of Sunbeam's Community Living Services Team!

Lourdes Toro, Director of Community Living Services

Tell us a bit about yourself & what led you to this line of work?

When I came to Canada with my family in 1998 and realized that my professional credentials weren't recognized here I decided to re-invent myself. My experience working with people with HIV and AIDS helped me secure a job as the Education Coordinator with the local AIDS Committee. I decided to return to school. A few years later a friend shared how fulfilling her work was providing support to people with intellectual and developmental disabilities so I made the decision to work part time in a group home operated by Community Living Cambridge. I didn't know when I accepted that job that I was about to embark on the most transformational and fulfilling twenty years of my life.



This career provided me with the opportunity to raise my children with an understanding of the value of inclusion and that everyone has a contribution to make. It also important to me that by loving and respecting people I supported it deeply impacted their lives

What made you decide to become part of the Sunbeam team?

I was considering a change when the opportunity to work with the people at Sunbeam came up. I was intrigued by the positive changes that the organization has undergone over the last few years and I realized that could make a difference here. My previous role provided me with the necessary experience and also taught me how to be resilient, how to lead with enthusiasm and compassion, and to encourage team work. I am ready to bring these skills and more to this thriving agency. This is now my home.

Kanika Kohli RN, BScN MN, Manager of Clinical Quality & Professional Practice

Tell us a bit about yourself & what led you to this line of work.

Throughout my nursing career I have always had a passion for caring for individuals who could not advocate for themselves. I quickly learned caring for such individuals requires a team approach and strong leadership skills. This led me to complete my Master of Nursing degree from Ryerson University in 2017. I am now completing my MBA. I have had the great pleasure of working in various leadership positions with the LHIN, Long-Term Care, and Community Nursing.



What made you decide to become part of the Sunbeam family?

Throughout my leadership journey I hoped to be part of a person-centered, community-focused organization that provides exceptional care. Sunbeam is this and more. In my short time here I have realized that this organization strives to do their best every day. I hope that I can add to the Sunbeam team in a meaningful way as we continue to move forward and grow to expand our services in the Region of Waterloo.

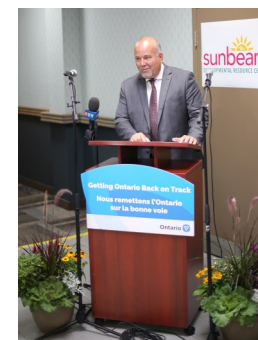
News from Sunbeam Developmental Resource Centre—SDRC

Sunbeam Developmental Resource Centre was pleased to host The Honourable Minister Smith, from the Ministry of Children, Community and Social Services, on September 9, 2020 for Fetal Alcohol Spectrum Disorder Awareness Day. He visited our site at Victoria St. as well as our main facility at 2749 Kingsway Drive in Kitchener.

The Honourable Minister Smith announced that the Ontario government is providing an additional \$3 million annually to better support people with FASD living in Ontario. Part of this funding will allow SDRC to hire a second FASD Coordinator to assist families, children, and youth with FASD in the Waterloo Region. SDRC is a division of Sunbeam Community and Developmental Services,



From left: Neil Butler, Tracy Erb, Karen Huber, Laura Thies, Hon. Minister Todd Smith, Mike Harris, MPP and Brian Swainson



Hon. Minister Todd Smith



Brian Swainson, CEO, Sunbeam

As announced by the Minister of Children, Community and Social Services on August 4, 2020, the Ontario Autism Program (OAP) now offers Foundational Family Services. The purpose of this program is to build a family's capacity to support their child with Autism to learn and develop. Sunbeam Developmental Resource Centre (SDRC) has enhanced the current services and now offers these Foundational Family Services as part of our OAP program.

For more information please visit the Ministry's website at <https://www.ontario.ca/page/ontario-autism-program-foundational-family-services> or SDRC's website at www.dscwr.com.

The new services include:

- Parent and sibling support groups
- Workshops on a variety of topics
- Behaviour and speech clinics
- Transitioning to adulthood
- Time to meet with a Family Support Worker to discuss issues of concerns, review services you may access, etc.

To register your child for SDRC's Foundational Family Services:

- If you are currently receiving services from us, please call 519-741-1121 and ask to speak with your worker.
- If you are not connected to our agency, please call 519-741-1121 and ask to speak with intake.

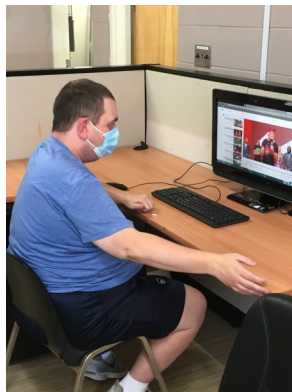


Day Program Update: Beam Up - Sunbeam's Community Outreach Program

The participants of Sunbeam's long-established day program include individuals living with family or in other supportive environments in the community, as well as many individuals who live in Sunbeam's residential group homes. The focus of Sunbeam's Day Program is to develop daily living skills as well as sensory, leisure, social, and recreational skills, by offering a variety of activities, including life skills, community outings, volunteering, educational and learning opportunities, and special events.

Earlier this year, to ensure everyone's safety, our regular Day Program was temporarily put on hold due to the COVID-19 pandemic. This challenge brought out our creativity! Some Day Program staff shifted their focus to providing in-person social and recreational activities and programs within Sunbeam's residential homes, and other staff helped to develop and deliver a "virtual" day program. Using video technology and tablets or computers, the virtual program welcomed individuals to participate from wherever they happened to be, enjoying the variety activities offered, and still feeling connected with friends and staff.

Following government guidelines, with many safety precautions in place, Sunbeam began a graduated re-opening of our regular onsite Day Program in mid-August by welcoming back 6 people. We are pleased to report that several additional small groups have now joined us. We expect this graduated re-opening to extend through the winter and although some aspects of the program are different (smaller groups, wearing of masks, social distancing), the fun, friendships and activities are going strong! The Virtual Day Program option is continuing and expanding for those participants who aren't able to attend in person.



Not to be slowed down by these necessary changes, the Day Program Participants' Council brainstormed with our team earlier this year to develop a new name for the program. The good people at Chatworthy Digital Marketing donated their expertise this summer to create a new logo for the program, highlighting the excitement, diversity and welcoming friendships experienced by our Day Program participants. Thank you for everyone's help coming up with our Day Program's new name "Beam Up - Sunbeam Community Outreach Program". We think the new program logo is very uplifting!



The Unsung Heroes—Direct Support Professionals.

During the beginning stages of the COVID-19 pandemic across Canada and around the world people were encouraged to take the time to thank the unsung heroes in our communities. Sunbeam celebrates the dedication of the essential workers for their unwavering commitment to supporting the health and well-being of all people in our community.

We are very thankful for the front line and support staff teams at Sunbeam, a dedicated, passionate group of individuals who work tirelessly to ensure the health, safety & well being of people living with disabilities. Nurses, Direct Support Professionals, and many therapeutic and support teams work together to support our persons served at Sunbeam during these challenging and uncertain times. Let's learn a bit more about our team of Direct Support Professionals (DSPs).

This group can include PSWs, DSWs, SSWs & more. The DSP teams at Sunbeam always give 100% to those they serve and continue to go above and beyond with the unique challenges that have come with the Pandemic. The selfless dedication of our DSPs is inspiring. Jolayne Goguen, a DSP at our Kingsdale home, shared a bit about her role.

"I have been with Sunbeam for 18 years. I began working at the Tradewinds residential group home while in high school as a placement student. After I completed my Social Service Worker program at college I joined Sunbeam fulltime. The great thing is the staff are not just staff - we are family, friends, and advocates.

In my role as a DSW I wear many hats and perform a variety of tasks. Our group perform various tasks that can include:

- Bathing, feeding and regular hygiene for residents, cleaning and laundry
- Arranging programming or sensory activities for our clients, taking care of medical or school related appointments and communicating with the house doctors or RN's
- Arranging outings with family, friends, or just something to enhance their enjoyment or learning, and shopping for all our resident's needs including special occasions

I personally have taken residents to cottages, gone on a 14 hour class trip, and even attended a wedding with a resident so he could be there when his brother got married. My team is always looking for new ideas and googling things that will brighten the lives of our family at Kingsdale."

Sunbeam wants to convey immense gratitude to all of our direct support staff.

