

STRONGER TOGETHER



Winter 2022 News- Stories- Fun



INCLUSIVE COMMUNITIES WHERE PEOPLE OF ALL ABILITIES ARE VALUED

DIVERSITY

INCLUSION

EQUITY

ALLYSHIP

Holidays Message from the CEO

This is a great time to reflect on the importance of family, friends and community. We often refer to the Sunbeam Community, because that's who we are. Whether speaking about the individuals and families we support, or our dedicated staff teams, or the many community partners we interact with every day, it's that sense of belonging that binds us together.

We look forward to much peace and happiness at the Sunbeam Community over the holiday season. And I'm comforted knowing that we've got much to look forward to in the New Year 2023.

All the best to you and yours this holiday season!

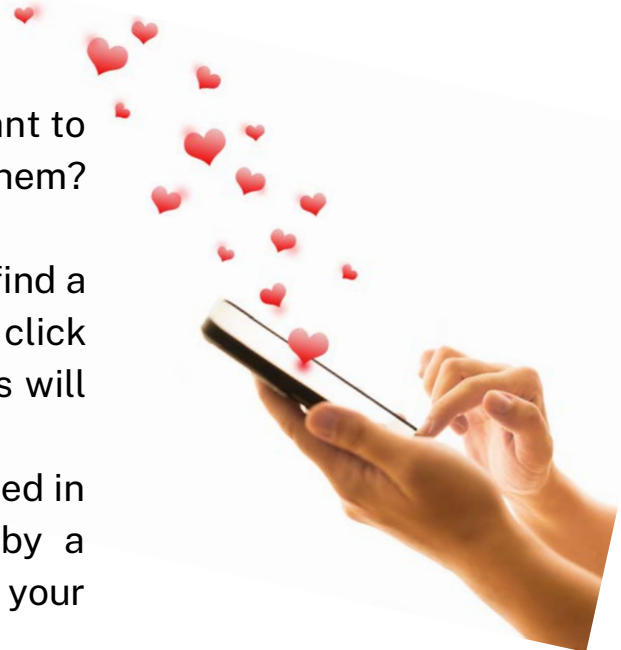
Brian Swainson

**SEND A MESSAGE TO YOUR
LOVED ONE**

Do you have a loved one living at Sunbeam and want to send a message and photograph to share with them? We have figured out an easier way for you.

visit <https://sunbeamcommunity.ca/> and you will find a button, "Send a Message to your Love One" click follow the instructions, and your love and wishes will be delivered.

Your message (and photo if provided) will be printed in a large print format, read to your loved one by a Sunbeam staff member, and a copy is given to your loved one within 3 business days or receipt.





TRICK OR TREAT

SUNBEAM'S HALLOWEEN DIARY

Halloween this year was an exciting time at Sunbeam. Our amazing staff at Community Living homes turned it into an exciting day. There were creative decorations, especially very creative balloon ghosts, jack-o-lanterns and some very excited individuals wearing fun and scary costumes and masks!

Here are some pictures from the day.



Applications open for **NEW KID'S DENTAL BENEFITS**



Taking care of oral health is crucial for our overall physical well being and it is very important to see a dental care professional regularly. As of December 1 2022 Govt of Canada is accepting applications for the new interim Canada Dental Benefit for children who are under 12 years of age as of 1 December 2022, have a net family income of less than \$90,000 and do not have access to private and dental insurance.

For more information on the Canadian dental benefit, including eligibility and how to apply visit; <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/dental-benefit.html>

SUNBEAM WELCOMES ANN MARIE - PRESIDENT BOARD OF DIRECTORS

Earlier this year Sunbeam welcomed Ann Marie Yantz as the new President of the Board of Directors. Ann Marie has known about the services provided by Sunbeam since her childhood and was a significant contributor to her decision to serve on the Sunbeam Board of Directors.

"My decision to volunteer to serve on the Board of Sunbeam stems from my memories as a child, of my uncle and aunt and their daughter Jolene(who ultimately passed away at a young age) and their utilization of respite services provided by Sunbeam. I have vivid recollections of their conversations and praise for the support that Sunbeam provided to their family and what an invaluable resource Sunbeam was."

Ann Marie is an experienced paralegal from Kitchener, Ontario, and the first paralegal in Ontario to be appointed to the executive of a law association. She joined the firm Kelly & Co. in September 1997 and received her law clerk diploma from the Institute of Law Clerks in 2000 and became licensed as a paralegal by the Law Society of Upper Canada in 2008

Ann Marie shared her excitement about the existing and upcoming projects and knows that Sunbeam and its staff, will keep on making a positive contribution.

"The commitment and dedication of Brian(CEO) and the staff are extraordinary. I recently had an opportunity to visit the Sunbeam Kids Hub site and was overwhelmed with what a fabulous facility and resource Sunbeam can provide. In addition, I very much look forward to the development of the future program locations."

We welcome Ann Maries and wish her all the best in her new role!





August 20th was the day Sunbeam celebrated children. It was a full-day event and all the attendees were dressed as their favourite characters, we had over 60 superheroes, princesses, fairies, and dinosaurs in attendance. The celebration was open to Sunbeam clients and staff.

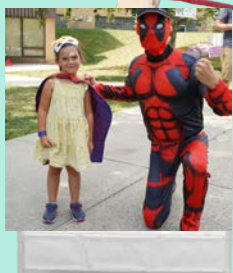
It was a memorable day full of fun games, face painting, an endless supply of snow cones and ice cream, a photo booth, and a scavenger hunt.

It was a great opportunity for children to spend some quality time and interact with individuals living with unique and complex needs.

A big thanks to all the participants, volunteers, and sponsors for making this a success.

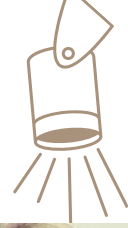
"It was a very special day at Sunbeam. I hope it will be an annual event. Kids loved the opportunity to dress up and spend time with Uncle Danny, who is supported with great care at Sunbeam."

Jayne, grandparent of a participant.



VOLUNTEER SPOTLIGHT

STORY OF TESS; HELPING SUNBEAM SINCE 2019



Tess has been volunteering with Sunbeam since the summer of 2019. Sunbeam was her first introduction to developmental services, and she felt unprepared. However, that changed quickly after she started volunteering and she found Sunbeam to be a cheerful place where clients are given the best care.



"When I walked in the door that summer, the atmosphere was so happy and positive. Staff helped their clients live the best possible life and I was so impressed by the quality of care and just how happy everyone was."

Tess described her experience of volunteering with Sunbeam group homes as very impactful. She has always wanted to be a teacher but changed her mind and decided to make a career change. Her experience with Sunbeam has played a major role in her decision to opt for social work.

"My experience with Sunbeam had a major impact on my life and career direction. A few months after starting at Sunbeam, I returned to school part-time to complete the Autism and Behavioral Science program at Conestoga, and I am currently applying to Master of Social Work programs. As of right now, I am interested in working with children with special needs and their families."



Tess is currently working as an ABA therapist with children with autism. And in her spare time enjoys being outdoors, likes Zumba and loves meeting new people and expanding her friend circle. She also enjoys the company of her cat Garfield.

Volunteers like Tess are very important to Sunbeam and are always appreciated and valued for their contributions. Thank you, Tess!

To learn more about volunteering at Sunbeam visit <https://sunbeamcommunity.ca/volunteer/>

The pandemic has changed and impacted how we connect with people around us. To help people bring back the same spark and passion to the post-pandemic workplace, Peter Leidy was invited to conduct rekindle the spark workshop.

Peter Leidy has been working with people with disabilities since 1983. Peter is a consultant, facilitator, listener, learner, improviser, and speaker who focuses on personalized support and community membership for people with disabilities. He also writes and sings songs about his real-life experiences.

It was an interactive session where the audience shared their experiences and learnings. Peter had some fantastic, relatable stories and songs to share with a very attentive and responsive audience.

The workshop was open for sister organizations as well, and it was great to have members from K-W Habilitation and Elmira District Community Living in attendance.

To accommodate as many individuals as possible, two sessions were organized and one hundred twenty individuals were motivated to Rekindle the Spark.

Rekindle the spark



Sunbeam Client Diary;in conversation with

AL EX



Alex is a valued member of the Sunbeam Community since 2019. Alex has complex behavioural needs but he is independent when it comes to his daily routine.

I had the pleasure of sitting down with Alex for a small chat. Alex was busy with his support staff working on his daily tasks and enjoying his snacks alongside when I entered the room. He very kindly accepted my request for a small chat and asked where I was coming from and how was the traffic on my way over

Alex has a well-thought program of different activities scheduled for his whole week, Alex told me about his daily routine and his activities throughout the week. On that day Alex was waiting for the “store day” to come very eagerly! Fridays are normally store days for Alex and he goes out to buy some items for himself with his support staff.

Alex is an energetic individual and loves the outdoors. His favourite activity during summer is cycling and he likes to cycle "very very fast." For winters he was looking forward to some heavy snow so that he could go tubing. Alex also enjoys swimming at our Kingsway campus. He also goes bowling once a week with his staff.



Alex enjoys different foods throughout the week; some of his favourites are mashed potatoes with lots and lots of butter, fish and chips and pizza.

It was great chatting with Alex and getting to know him. He is happy being a part of the Sunbeam Community and so are we.

Alex's Mother Mandy also shared her enthusiasm about Alex being a part of Sunbeam,

"The staff are very friendly and supportive and I am looking forward to working with Sunbeam to have a more active role in my son's life with the support of his team."

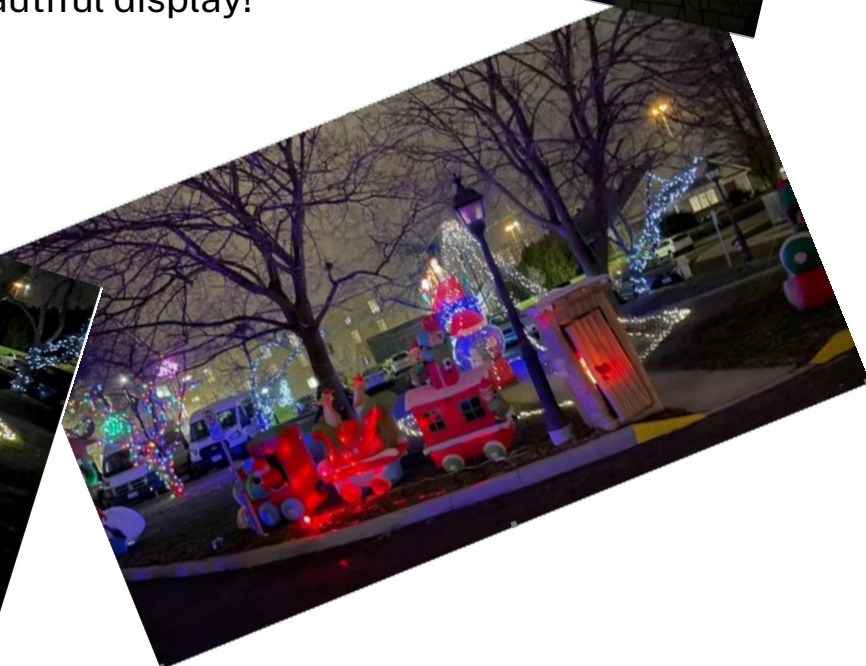


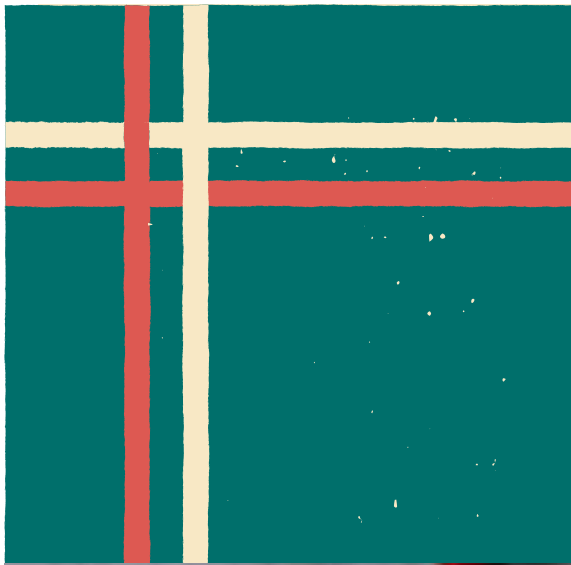
LIGHTING OF THE GREEN



The holiday season officially kicked off at Sunbeam with our annual Lighting of the Green.

The gathering space in front of the Kingsway location was decorated and lit. A big round of applause for the Day Program for hosting this beautiful display!





GRANDMA'S SHORTBREAD COOKIES

RECIPE BY KAREN BOWEN
ASSESSOR, DSO



INGREDIENTS

- 1.5 cups softened butter
- 2 cups all purpose flour
- 1 cup icing sugar
- 1 cup cornstarch

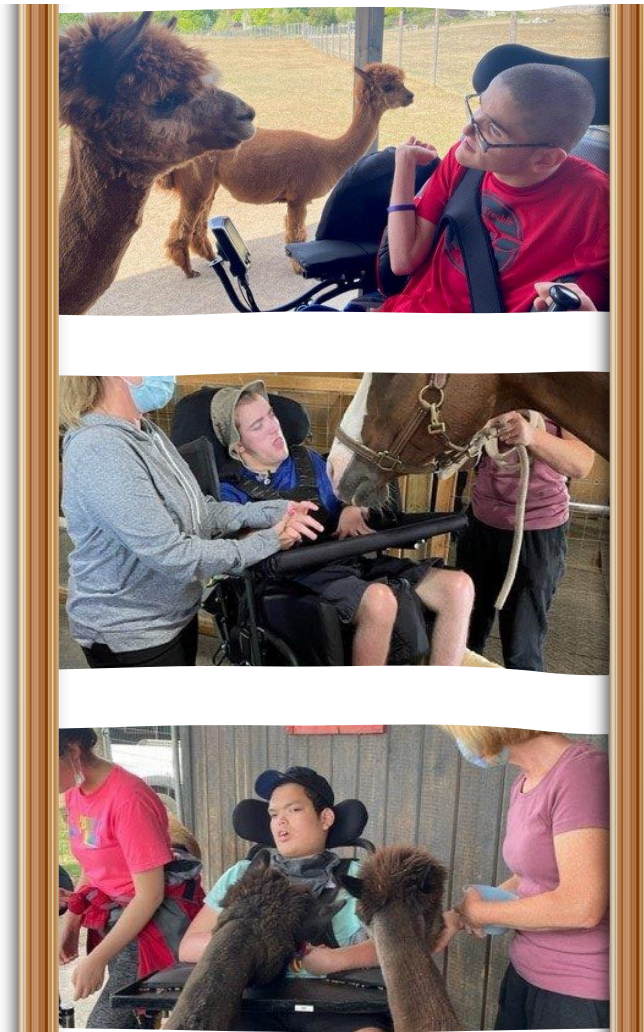
METHOD

- Combine all ingredients in a glass mixing bowl
- Shape the dough into 1" balls, Flatten each ball with a fork or use cookie cutters. Decorate as you wish!
- Bake on an ungreased cookie sheet at 300 F for 20 minutes until the bottoms are very lightly browned
- Transfer to a paper towel-covered wire rack to cool
- Enjoy and share with friends and family

TIPS & TRICKS

- Never use metal bowls or utensils
- If it's dry, add a bit more butter until the dough starts to stick together
- The dough shouldn't be too sticky, just enough so that you can roll it into balls without it crumbling apart





Some of our people served visited Brae Ridge Farm and Alpaca Sanctuary this summer. They had a wonderful time, hand-feeding the alpacas, learning about the process and philosophy of farming and enjoying nature.

Lori Hoelscher Service Coordinator with Sunbeam, was awarded by the Adult Protective Service Association of Ontario. The award was given to Lori for demonstrating excellence and for making a significant contribution to the field of Adult Protective Services. Lori (on left)can be seen receiving her award in the picture. We are proud of you Lori! Keep up the good work.





Our Hospital Care Program allows us to provide staff accompaniment. Each year, we provide an average of 1,200 hours of staff support to support individuals' unique needs.

Please consider supporting this unique service this holiday season and give the gift of dedicated staffing. To support visit

<https://sunbeamcommunity.ca/donate/>



We welcome your feedback,
comments and suggestions about
this newsletter, write to us at
s.taimoor@sunbeamcommunity.ca



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