

# STRONGER TOGETHER



## Spring/Summer 2023 News -Stories -Fun



# Valentines Day



## @ Sunbeam

Love is a basic human emotion. There are so many shades of this emotion and all of them are beautiful. This world is going around because of the love that we have for our family, friends, and community in general. Sunbeam itself is one such beautiful love story, starting in 1956 when Pieter and Johanna Vos welcomed the first child with a developmental disability into their home.

Valentine's Day 2023 was a day full of fun, music, and dance. Our people served dressed in red and pink, along with their support staff danced to some entertaining music.



## Auto Show

On February 22, Sunbeam's people served attended the Canadian International Auto Show in Toronto. It was a staff accompanied outing and was thoroughly enjoyed by Sunbeam's clients. All in all, a day well spent!





# SUNBEAM AT ELMIRA MAPLE SYRUP FESTIVAL



The Elmira Maple Syrup Festival was back, in-person after three years! Approximately 5500 pancakes were served with locally sourced maple syrup. The Elmira Maple Syrup Festival is a volunteer-organized and executed not-for-profit organization that returns all proceeds to community groups. Over the past 58 years, the festival has donated over \$1,000,000 to local not-for-profit and charity organizations across the Waterloo Region.

Several of Sunbeam's staff and volunteers volunteered at the Elmira Maple Syrup Festival to help cook and serve the festival's iconic pancake breakfast. It was an excellent opportunity for Sunbeam to give back to the community.

Michael Osmar, a Sunbeam Board member happily described his experience "The festival was so well run, but I think the best part was spending some time with the Sunbeam team! They [Sunbeam's Team] were just so great to be around." When asked about what motivated him to volunteer with the team, he noted that he was looking to, "get back out in the community. It was just a great experience."

Staff at the Sunbeam Developmental Resource Centre volunteered as a team and thoroughly enjoyed the experience. The SDRC team said, "We had a blast volunteering at the Elmira Maple Syrup Festival, team building, and giving back to the community to support many local agencies and community partners. We are looking forward to next year! "





# Volunteer Spotlight Zander Li



Zander Li is a tenth grader from Laurel Heights Secondary School in Waterloo. Zander is a science enthusiast and enjoys music.

Zander frequently volunteers at one of Sunbeam's group home and plays music for the individuals supported. " I connect with people through a simple piano." When asked about his inspiration he said "I want to help those in need. I believe that music can inspire a connection between people in ways words cannot."

About his experience with Sunbeam, Zander said his volunteering experience is fantastic."The staff are very friendly and the clients really seem to be enjoying my music."

Other than playing music at Sunbeam, Zander enjoys singing, going for walks, stargazing, and playing chess.

In the future Zander plans to pursue science as an undergraduate, and eventually obtain a doctorate in science and become a scientific researcher.



Thank you, Zander for giving your time and talent to bring enjoyment to the people served at Sunbeam.

We wish Zander all the luck in his future endeavours!



## CLIENT SPOTLIGHT

Helen was first welcomed into our overnight respite program in 1991, then came to live at a Sunbeam group home 18 years later and she remains a valued member of the Sunbeam Community. Helen has complex support needs but is quite independent in her daily routine.

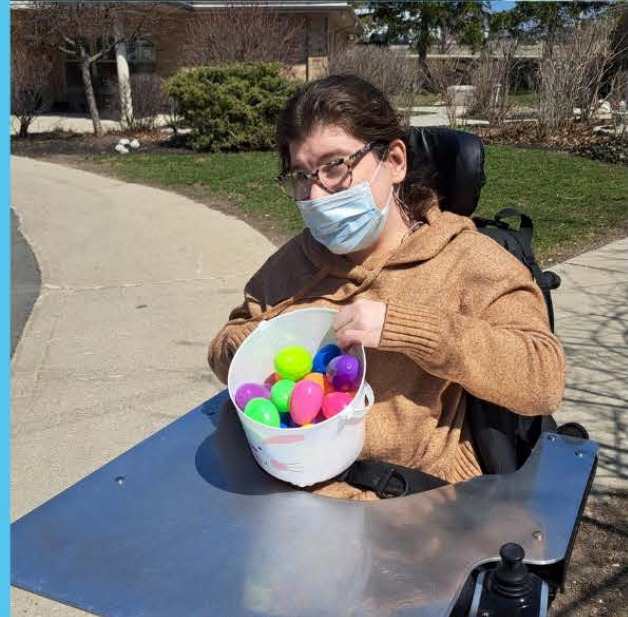
Recently, I had the pleasure of meeting Helen. She was shy in the beginning but warmed up quickly and we had a pleasant visit. Helen is a gentle, sensitive person, generous with hugs and she loves talking about her dolls. Pink is her favourite colour, always keeping her pink blanket close by. When asked why Helen likes pink so much, she replied “Pink is for girls that’s why”.

Helen is an early riser; she likes to start her day early with her favourite breakfast of pancakes and strawberry milk. For the rest of the day, Helen has a very flexible schedule. She often spends her day watching happy videos about babies, assembling puzzles and going out for ice cream with her support staff. At home, Helen enjoys helping with cooking.

Helen’s parents are very involved in her life, and she spends time with them whenever possible. She excitedly shared with me that her parents frequently send her gifts of her favourite things. Helen loves to walk to the post box to collect these surprise packages and takes great pleasure in receiving and unwrapping her parcels.

Helen’s mother, Darlene expressed her gratitude about Helen being part of the Sunbeam Community, saying “It is going great so far”.





  
**SPRINGTIME AT  
SUNBEAM**



## A LEGACY DONATION FROM LOCAL ARTIST, BILL SCHWARZ

In April of this year, we were thrilled to receive a legacy donation of 52 original paintings by and from Bill Schwarz. Bill is an established lawyer and he paints to find calm in the busy world.

A small unveiling event was organized at Sunbeam's Kitchener campus to express our gratitude to Bill for this thoughtful and generous donation. Brian Swainson, Sunbeam's CEO and Laura Holtom, Vice President of the Board of Directors took this opportunity to share our thanks to Bill on behalf of everyone in the Sunbeam Community.

This donation also inspired us to hold a "name the painting contest", with Bill's enthusiastic agreement. Sunbeam clients were invited to submit their suggestions for naming two of the largest paintings donated by Bill. With many creative names submitted, Bill chose the two winning names that resonated with him.

The winners of the naming contest were Monika Barbosa-Marques for the name "Small Town Charm" and Hank Van Til Jr. for the name "Rainbow Harbour." Monika and Hank attended the unveiling event where they were announced as the winners, and they had the opportunity to be thanked by the artist himself for their creative painting names. The event was also covered by local media, sharing this good news story with the community at large.



The collection of Bill's artwork now graces the many program areas at Sunbeam's Kingsway campus, to be enjoyed by the people we support, their families, staff and visitors for many years to come.

"We are so thankful to Bill Schwarz for his donation of this legacy collection of original artwork to Sunbeam, to be enjoyed by everyone in our community", says Brian Swainson, CEO of Sunbeam. "Bill's colourful and whimsical paintings have brought a joyous feeling to our already welcoming environment at Sunbeam".

## SUNBEAM'S NEW MEDICAL CLINIC

Sunbeam works collaboratively with its healthcare team to ensure that clients receive well-rounded, multidisciplinary care with a focus on prevention, treatment and enhancing quality of life each day for the people we support.

Since December 2022, Sunbeam has a dedicated and updated Medical Clinic space. The medical clinic now has a state of art exam bed, a ceiling lift and other custom features. Doctor Jennifer Dignam, Attending Physician, enjoys her work at Sunbeam, "Each and every smile is beautiful."

According to Dr. Dignam, the upgraded medical space has elevated the quality of care provided." It is great to have one tailor-made space to do all our work. it is all seamless and positive."



## EASTER EGG HUNT

The Sunbeam's Recreation and Wellness team arranged an Easter Egg Hunt for Sunbeam's people served. It was a beautiful sunny day and clients enjoyed hunting for the colourful eggs and winning prizes. It was lovely to see all the excitement and smiles.





# GIVE A SHOUTOUT

## SPREAD A LITTLE SUNSHINE

The first "Shout Out" activity was held in 2022 as a way for Sunbeam staff to recognize and celebrate the excellent work of their coworkers upholding our mission, vision, and values. The activity started as an opportunity to recognize each other and feature the many staff who inspire others in their daily activities.

As the Shout out's were so popular, we did it again!

This year again the Shout Out activity was announced by our Training and Development Coordinator Jill Mercier. The activity was a huge success with over "90 shoutouts" received!

To celebrate the positive vibes a small informal event was organized to announce the winners. Laura Thies, Chief Operating Officer expressed gratitude to all participants and small tokens of appreciation were presented. Below are a few shoutouts given!

**Catherine Legere shouted out Wendy Newman.**

"Wendy seems to remember everything! She supports staff and clients alike with a calm determination and caring attitude."

**Geri Fountain shouted out Pauline Campbell.**

"Pauline makes lovely, healthy meals for the clients."

**Sasha Sommerville shouted out Debbie Chapman**

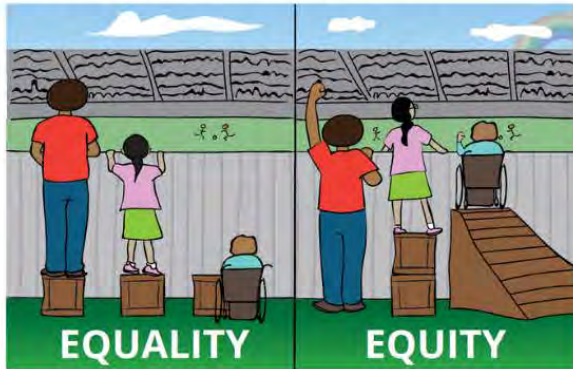
"Day program always putting clients first always thinking about them and what programs they enjoy clients adore as well"

**Christina Nadarajah shouted out Doug Lawley.**

"I would like to shout out Doug Lawley because on the day of the ice storm when I was having trouble walking with my walker, without hesitation, he walked me to the front door so that I would not slip and fall."

# INTERNATIONAL WOMEN'S DAY

International Women's Day is celebrated each year on March 8th. For Sunbeam's 2023 International Women's Day Campaign, the theme was "Embrace Equity". Equity is a critical principle for any thriving society, and recognizes the different needs everyone has, ensuring the provision of resources needed to reach an equal outcome. The image below is a perfect demonstration of what Equity is.



Sunbeam strives to embrace equity at all levels.

Staff shared their "embrace equity" photos to acknowledge and celebrate the contributions of all women within Sunbeam, and around the globe.



## BLUE RIBBON DAY AT SUNBEAM

April 2nd was the World Autism Awareness Day.

Sunbeam's staff and clients recognized the day by wearing blue ribbons and wearing blue colour on the day.





# INTRODUCING THE RECREATION & WELLNESS TEAM



Recreation plays an important role in everyone's physical, mental, and emotional well-being. It rejuvenates us and connects us with others! Life-enriching experiences are very important and we look forward to such opportunities.

Creating recreational & wellness opportunities for our people served is always a priority. To enhance these efforts, Sunbeam has created the Recreation and Wellness Team. The Recreation and Wellness Team plans and delivers programs and activities for the person supported by Sunbeam of all abilities and capabilities.

A "meet and greet" was organized by our Recreation and Wellness Team (Krista, Ed and Rina) on April 4th to introduce the team to our community and share information about upcoming activities planned by the team. The event was well attended by our people served and Sunbeam staff.





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