

IN THIS E-NEWSLETTER

A Good Life - page 2

Birds of Prey - page 3

Joe Brown Presents -
page 4

In Memoriam - page 11

AND MORE!

A GOOD LIFE

This section of the newsletter has been written by Outspoken, KW Habilitation's self advocates group.

At January's Outspoken meeting, some great conversations swirled around the room. We talked about the word Habilitation, some of our goals, and a few other things. Habilitation is all about helping people with developmental disabilities attain, keep or improve skills for daily living; it means to have 'a good life'. So we thought about it and asked each other, what means 'a good life' to you? Here are some of our answers:

- Doing something good for someone else
- Going to Ranger and Blue-Jay baseball games
- Friendships
- Getting out and doing things
- Volunteering
- Going to Grandma's cottage
- Having a drink around the campfire at the cottage
- Puppies, kitties, gerbils, fish, guinea pigs (pets)
- Family
- Hanging with my friends
- Coffee
- Going to the movies
- Going skating
- Learning new things



BUSINESS EXCELLENCE AWARDS

In December, we were excited to learn that we had been nominated for two Business Excellence Awards. Presented by the Greater Kitchener Waterloo Chamber of Commerce, we made the shortlist in two categories: Non-Profit of the Year and Community Builder of the Year.

We are pleased to congratulate the Canadian Mental Health Association Waterloo Wellington and Cowan Insurance on their success. It was a great evening.



BIRDS OF PREY

In February, groups from Always Doing Something, The Studio and Christian Horizons had the chance to meet 5 birds of prey. Mark Perkins dropped by to give everyone a chance to meet each of them and shared some interesting facts about each bird.

Bubba, an 8 year old Owl, a Eurasian Eagle Owl, Ginger, a Red Tail Hawk, a Hybrid Falcon and Lily, a small falcon captivated everyone in the group. One exciting thing everyone learned was that Ginger, the Red Tail Hawk was going to be released back into the wild. In addition, Lily, the falcon was noted for its swiftness in flight. Even though she was small and cute, she's deadly!



Y.E.P. (YOU EXPLORING POSSIBILITIES)

KW Habilitation has a new opportunity for adults in our community.

Y.E.P. travels throughout Waterloo Region experiencing all it has to offer. With a focus on using the Grand River Transit system, participants have the opportunity to gain confidence in their ability to navigate the transit system, make new connections and new friends and the community.

Some activities include: a St. Patricks Day Party and a trip to see Kinky Boots at the Hamilton Family Theatre.

People interested can sign up through mycommunityhub or visit the KW Hab website for registration information.

JOE BROWN PRESENTS

Hi. My name is Joe H. Brown. I like to write stories because it's entertaining to read to anybody who will read them. It also exercises my mind; I write as a hobby and I hope one day that I get a job writing stories to entertain people of all ages.

ST. PATRICKS DAY HISTORY

St. Patrick was a real person, born in Britain in the 4th century. At age 16 he was kidnapped and taken to Ireland as a slave. He eventually escaped, however later he returned to Ireland with the mission of converting the Irish to Christianity. The legends say that he drove the snakes out of Ireland and used the shamrock to explain the Trinity (a Christian belief). The people of Ireland came to celebrate St. Patrick's Day with religious services and feasts.

The western world, mainly the United States transformed St. Patrick's Day around the 1700's into a secular holiday with celebrations like dyeing rivers green, wearing green clothing, having parades and drinking green beer.



EMPLOYER SPOTLIGHT: CHEF D

Chef Darryl Fletcher (Chef D) shares his passion for food with others by keeping recipes simple, easy and tasty every day. In April 2019, Chef D was listening to the Mike Farwell Show and heard Stacey Mitchell, Supervisor of KW Career Compass (KWCC) talking about the program's work in building more inclusive workplaces across KW. More specifically, the role KWCC could play in supporting both the job seeker and employer to ensure the success of that relationship. It wasn't long after that when he gave Stacey a call to inquire how he could work with KWCC.



Stacey went on to explain the ease of the process and how important a job match for both sides was in order to ensure a successful partnership. At that time, Chef D and his team were looking for a part time dishwasher so she connected them with Trena Barnes, a Job Developer from KWCC. Trena visited the site to assess the skills required for the job and together they were able to quickly identify an excellent candidate for the position. What came next was an interview, and excitingly, a job offer soon followed.

Chef D was impressed by the ease of on boarding his new employee and the skills he brought to the position. In addition, the team was extremely impressed with the person's knowledge and stamina to keep up in their busy kitchen.

Chef D and his team were open to learning about the types of accommodations they could make to ensure a successful partnership between their new employee, the team, and KWCC. To help make communication easier for the employee, Trena developed a book that could be used by everyone involved. Important phone numbers, emails, and shift details were all included which made communication easier. The best part for Chef D is that KWCC has remained an open line for coaching and support whenever he has needed it. That sounds like a recipe for success.

UPCOMING EVENTS



Register for golf: www.kwhab.ca/golf

SAVE THE DATE

NEW LOCATION!

May 29, 2020

Rockway Golf Course
625 Rockway Drive, Kitchener



Kin Canada

**Kinsmen Club
of Kitchener-Waterloo**

The 65th Annual Kinsmen TV Auction airs on RogersTV on Saturday, March 14 from 12:00 pm - 4:00 pm.

(RogersTV channel 20 or live stream at rogerstv.com)

WWW.TVAUCTION.KWKIN.COM

EARLY LEARNING



Over the last several months, Early Learning at KW Hab has been through many changes. In order to properly reflect some of those changes, including our new mandate of supporting children up to age 12, we have updated our program mission statement:

Together with families and community partners, Early Learning Child Care and Family Resources at KW Habilitation works to help children and youth in Waterloo Region thrive in licensed child care programs.

YOUTH ENGAGEMENT DAYS AT KW HAB

Youth and families impacted by job action in the Public and Catholic school boards have had access to 'pop-up' Youth Engagements days. On days that teachers in the high school system go on strike, KW Hab offers an alternative. Hosted at our main office (99 Ottawa) and ADS, youth aged 14 – 21 participate in a variety of activities that can include: Arts and Crafts,

Cooperative Games, Physical Activity, Meal/snack planning and prep, mindfulness and music. Youth have an opportunity to try new things in a safe environment and make new connections. KW Hab continues to be responsive to community needs by offering these days for those affected.

Inspiring Abilities. Enriching Lives.



SPAGHETTI DINNER, 2020

CHEF ON CALL



[CLICK HERE to watch the Chef on Call Takeover!](#)

In January, KW Habilitation partnered with Chef on Call, a restaurant in Waterloo, to be part of their Donator Burger initiative and for a job shadow experience for some of the people who access KW Career Compass (KWCC) supports.

We first started working with Chef on Call in 2018 when we met to discuss ways we could help people develop skills in the food industry and that was how we found out about the Donator Burger initiative; a way for Chef on Call to give back to the community that has supported them and to assist groups to raise much needed funds. During the month of January whenever someone purchased a Donator Burger, Chef on Call donated \$2 to KW Habilitation.

Five people who were interested in job shadowing for an evening had the opportunity to participate in a Chef on Call Takeover on January 16th. When everyone arrived at Chef on Call they were treated to a run down of the menu and short orientation session. Two people worked front end doing cash and serving customers, one was running orders from the kitchen and two went out on deliveries and bused tables.

Everyone had a blast and learned a lot about the restaurant environment and built on some skills and confidence. Some had said that they had not even considered that type of work but, since Chef on Call makes everyone feel welcome and included, they would like to pursue that type of work in the future.

A week later, an Office Lunch was organized where over 60 people placed orders and shared a delicious meal together. Thanks to the Donator Burger initiative they sold 228 burgers and donated \$585 to KW Habilitation!

We are so grateful to have the opportunity to work with great places like Chef on Call, a business that works hard to give back to their community.





PINK SHIRT DAY

Pink Shirt Day was celebrated on Wednesday, February 26th this year. The purpose of this day is to help increase an awareness of bullying and raise money to support programs geared to building self-esteem and empathy in children. This tradition originated when David Shepherd and Travis Price, two Grade 12 students from Annapolis Valley, Nova Scotia witnessed a Grade 9 student being bullied for wearing pink. These two students decided to do something about it and encouraged students at their school to wear pink clothes in solidarity with the boy who had been bullied. In total 850 students out of the 1000 students who attended the school wore pink.

KW Habilitation annually celebrates Pink Shirt Day with the people who attend the VIBE and ADS as well as staff from KW Habilitation.

PROJECT VOLUNTEER

Throughout the year various community events are looking for volunteers. Project Volunteer provides opportunities for people supported at KW Habilitation who are interested in volunteering at local events with the support of a staff member.

In the past, Project Volunteer has facilitated opportunities to help at Buskers Festival, the Royal Medieval Faire, The KW Hab Community Christmas Bazaar, Winterloo, the Ontario Skills Competition, DQ Day and more.

For more information on how to participate in Project Volunteer, please contact Stacey at smitchell@kwhab.ca

IN MEMORIAM

Since our last newsletter, our community has had to say goodbye to some truly wonderful people. Mary Anne Cauchon, Carl "Andy" William-Critchlow, Robert "Bobby" Brown, Steven Reese, and Dennis Rollins. They will all be greatly missed by those who knew them.

MARYANN COUCHON

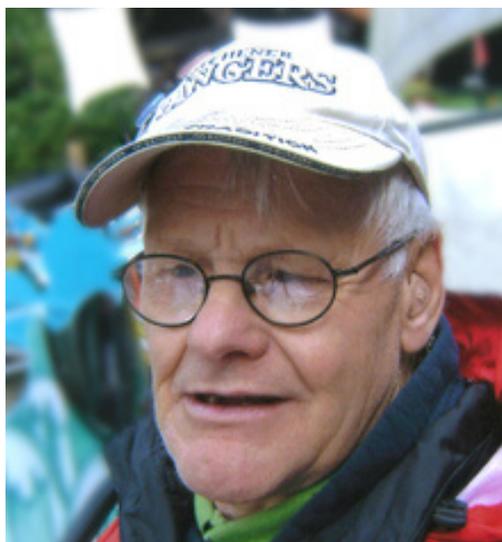


Mary Anne Cauchon passed away on November 30, 2019. Mary Anne was a woman of few words, but when she started to sing, she knew all the words. She loved to look good, and enjoyed having her hair, makeup and nails done. Mary Anne could also be feisty and full of surprises – from sneaking up on people to shutting off the lights when someone was in the bathroom. She found these antics hilarious and had such an infectious laugh, anyone would have to join her.

ANDY WILLIAM-CRITCHLOW



Carl "Andy" William-Critchlow passed away on December 25, 2019. Andy spent most of his days from his favourite chair watching the activities of DFR unfold. He enjoyed going out for drives, lunch dates and drinking his coffee. Andy was a bit of a trickster, and his favourite trick to play was to take a staff's coffee. Once it was noticed that it was missing, Andy would giggle and run away prancing. His laugh and dance was infectious; you could not help but join in on the laughter!

BOBBY BROWN

Robert "Bobby" Brown passed away on January 20, 2020. Bobby attended the Studio program from its start in April 2011 until he moved into a nursing home in May 2015. Bobby was a happy, social guy who lived a fulfilling life. He welcomed everyone with "my friend, I'm Bobby Brown". His Studio friends enjoyed his friendship and will always remember his love of ketchup!

STEVEN REESE

Steven Reese passed away on January 21, 2020. Throughout his time at KW Habilitation, Steven had the chance to touch so many people with his gentle humour, love of superman, and desire to take every opportunity life gave him. Whether he was doing yoga at Breithaupt Centre, visiting every Museum he could, or being the first one in the pool at aquafit; Steven lived vibrantly. Steven was an active member of his faith community and did everything he could to live its principles. Steven's gentle humour, lust for life and the joy he brought to those around him will be missed profoundly.

DENNIS ROLLINS

Dennis Rollins had a long relationship with KWH which started back in 1980 at the Kinsmen Training Centre. Dennis was a family man, and never missed an opportunity to welcome people with a big smile and firm handshake. In 2014, Dennis went to the Studio from the Vibe, where he was supported until he moved to Trinity Village Long Term Care. Dennis will be remembered for his great sense of humour, his flirting with the ladies, and his love for the music of Johnny Cash, Elvis, and Michael Jackson.