

The *Glenwood Gazette*

Glenwood School

150 Lower Horning Road

May 2016

PRINCIPAL'S MESSAGE

It was wonderful to have over 100 people join us on April 12 for **Family Fun Night!** We had students, Glenwood graduates, families, community partners, members of the East Hamilton Optimists, representatives from the Education Center, bus drivers and their families to only mention some of those that attended. I wanted to express my thanks to the Glenwood School Council and Glenwood staff for their leadership and participation in this great event. If you are interested in joining our School Council, please contact the school office.

I also enjoyed learning with many of you who attended the **Hamilton Community Transition Network "Pathways to Transitions"** meeting at the Mancini Centre on April 21. We heard about many exciting and valuable programs available to our students and had the chance to speak to numerous representatives. Please consider attending **Help for Today, Plan for the Future 2016 Conference** on May 28 to learn more about services and programs available in our community for our students.

During this month, I was excited to observe the many gains our students are making in the area of **TRANSITIONING**. Students are developing the skills needed to transition within their classrooms from activities to activities, around the school and out into the community. It was so wonderful to hear about two of our classes walking to the community grocery store. While in the store with staff support, our students used their communication devices and visuals to fill a shopping list and then take a little break in the food court. For one student, this was his first time going into a grocery store! As I reflect on this students' progress, I realize that it has been a journey to develop this valuable skill. It was only last year that he was unable to transition from his classroom to the gym for

Continued on page 2...

... Continued from page 1

group activities. We are so proud of the **TRANSITION** skills our students are learning with the support of our wonderful staff, HWDSB system supports and parents.

With only two months left in this school year, we are excited to see how our students will use these **TRANSITIONING** skills as many will be attending ***Glenwood Camp Day, Special Olympics, Walk-and-Roll Fundraiser*** and the ***Yes I Can Awards!***

I hope you enjoy reading our Glenwood Newsletter as it is full of many great resources and highlights some great strategies for both home and school life with our students. Together, we continue to make Glenwood ***“a special place to learn”*** for all!

Sincerely,

Todd Graves

Vice Principal

Glenwood Special Day School

Life Skills with Marc Johnson

Congratulations to Quintin Byron as he became the Employee of the Month for April. Quintin has been participating in the School's Shopping and SPCA Program.



Great job Quintin!



Communicating with our CDA

May is **Better Speech and Hearing Month (BSHM)**! A month to raise awareness about communication disorders and the role of the Speech and Hearing professionals who provide treatment and tips for prevention. Below is a list of Speech, Hearing and Language tips provided by Speech-Language & Audiology Canada (SAC):



Speech & Hearing Month
Speak well. Hear well. Live well.



<http://maymonth.ca/en/hearing-speech-and-language-tips/>

Tips for Better Speech & Hearing

Water is Worth It! 8 to 10 cups a day will help keep your throat hydrated and vocal cords lubricated.

Keep it Quiet! Yelling causes too much stress on the vocal cords and can cause damage leading to voice loss.

Talk – Ask your child open-ended questions to encourage healthy speech development. Label and comment on things as you're seeing or doing them.

Have a Hard Head! Prevent language disorders caused by brain injury. Always wear a helmet when biking, skateboarding or taking part in other sports.

It's a Date! Schedule regular check-ups and treat ear infections immediately. Untreated infections may lead to hearing loss.

Wear a Pair! Use ear protection such as plugs or muffs when exposed to sounds over 85 db. If you can't hear a person talking one metre (three feet) away over the sound, it is too loud.

Sensible Swallowing – Slowing down, sitting up straight, and sipping liquids between bites can all help with swallowing difficulties at meal time.

Decibel Danger – Know what hurts. Normal talking is only 60 dB.

Firecracker – 150 dB

Rock Concert – 125 dB

Nightclubs – 120 dB

Ambulance Siren - 120 Db

Read With Me! Talking, reading and playing with your child daily will promote healthy speech and build exposure to new vocabulary.

Tone it Down! Use the 60-60 rule. When listening to headphones, keep the volume at 60 per cent of the maximum level for no more than 60 minutes a day.

Continued on page 4...

... Continued from page 3

Buckle Up! Always wear a seat belt to prevent an accident that can result in brain injury.

Mimicking Minds – Children learn sound and words by hearing and seeing them. Play with and read to your child every day.

Say No To Sodium! Lowering your daily sodium intake will help prevent your chance of having a stroke.

A little R & R – Give your ears & voice a rest and seek out a quiet place. Read a book, do a crossword puzzle, and enjoy the silence.

Swab Smart! Swab the outside of the ear only. See a physician if you think earwax is an issue.

Take a breath – Practice good breathing techniques when singing or talking. Breathe deeply from your diaphragm.

Leave the pack behind – Smoking irritates and dries the tissues of the throat.

Avoid the Noise! Avoid loud noises. If you can't, wear ear protection when at a concert or using noisy equipment.

Healthy Habits – By preventing viruses, like the cold and flu, you will protect your throat and vocal cords.

Proactive People – Detecting hearing problems early is important. You can take steps to prevent or reverse the damage.

Communication is how we connect with the people around us and the environment which surrounds us. Follow the list of healthy habits above and take advantage of the many services available to help you and your family become effective communicators! If you have any questions or comments please feel free to contact the School's Speech and Language Teams.

Monica Knott

Speech Language Pathologist (SLP)

Alternative and Augmentative Communication Team (AACT)

P: 905.525.5092 Voice Mail-box #5039

E: mknott@hwdsb.on.ca

Nancy Herrell

Speech Language Pathologist (SLP)

Autism Spectrum Disorders Team (ASD)

P: 905.525.5092 EXT# 2784

E: nherrell@hwdsb.on.ca

Katy's Cooking Corner



In the kitchen, students were busy this past month making cookies for our family fun night. They also assisted in baking a healthy breakfast alternative, "Carrot Cake Breakfast Cookies".

Many students have also enjoyed using the vacuum in the life skills room and some are becoming quite skilled at the task!

Carrot Cake Breakfast Cookies

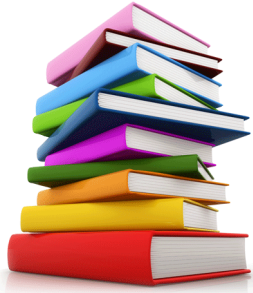
Ingredients:

2 1/4c old fashioned oats	1/2 tsp salt
1c oat flour or whole-wheat flour	1c unsweetened applesauce
1/2c ground flaxseed	1/2 c honey or pure maple syrup
2 tsp cinnamon	1 lrg egg
1/2 tsp nutmeg	2 tsp vanilla extract
1/2 tsp baking soda	1/4 c (4 tbsp) unsalted butter, melted & cooled slightly
	1c grated carrot (2 med carrots)
	1c finely chopped (or grated) apple (no need to peel)

Instructions:

1. Preheat oven to 350 degrees F. Line baking sheets with parchment paper.
2. In a large bowl, stir together oats, flour, flaxseed, cinnamon, nutmeg, baking soda and salt.
3. In a medium bowl or liquid measuring cup, whisk together honey (or maple syrup), applesauce, egg and vanilla. Mix in the melted butter. Pour the wet ingredients into the dry and stir until just combined. Gently fold in the grated carrot and apple.
4. Use a large scoop or measuring cup to drop 1/4 cup portions of dough onto the prepared baking sheets. Use your fingers to gently shape the cookies and flatten slightly, as they wont flatten on their own during baking.
5. Bake 14-15 minute, until set and lightly golden. (if baking more than one pan at a time, be sure to rotate the pans halfway through the baking time.) Let cool on the baking sheet for a few minutes before removing to a wire race to cool completely.
6. Cookies can be stored in an airtight container in the freezer for up to 2 months.





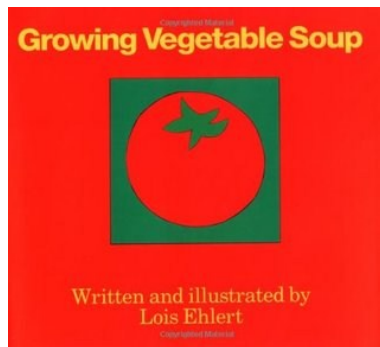
Latest Library Lookups

May is a great time for gardening. Here are some of our favourite garden books:

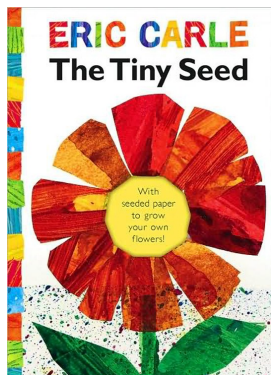
Planting a Rainbow by Lois Ehlert



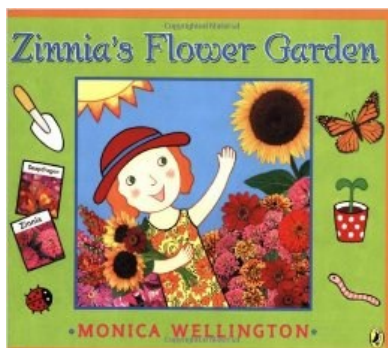
Planting a Rainbow By Lois Ehlert



Growing Vegetable Soup By Lois Ehlert



The Tiny Seed By Eric Carle



Zinnia's Flower Garden By Monica Wellington



Join us!

Are you a parent, caregiver or legal guardian of a student with special needs?



Parents as Partners invites you to an evening with Shelley Woon, Superintendent of Leadership and Learning: Specialized Services for

Shared Vision + Shared Solutions = Student Success

When: Wednesday, May 4, 2016

5:30 p.m. - Light supper

6 to 7:30 p.m. - Presentation

Where: 20 Education Court, Room 180A

To Register:

Register online at <http://goo.gl/forms/oivkfhNtWA>

Or contact Karen Accardo at 905-527-5092, ext. 2804

Help for Today, Plan for the Future 2016

A conference for adults with developmental disabilities, parents, guardians and advocates.

Keynote Speaker:

Reina McDowell &

Richard Ruston of

People First Ontario

Present

“Breaking Down Barriers

**- How to Exercise Full
Citizenship”**

Saturday May 28, 2016

8:30 am - 2:30 pm

Cost: **\$10.00** - parents, advocates, self-advocates and guardians

\$25.00 - agency staff (**limited availability**)

Cost includes continental breakfast, lunch and workshops

Location:

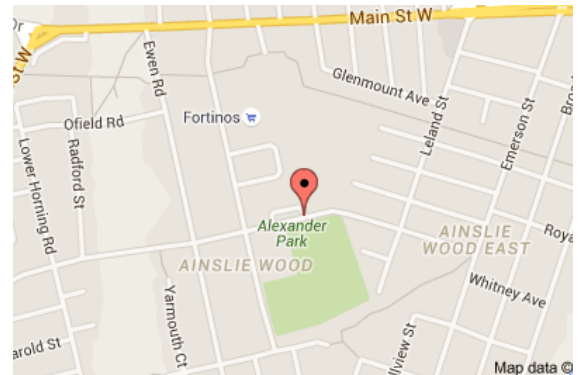
St. Mary Catholic

Secondary School

200 Whitney Avenue

Hamilton, ON

Free Parking in lot off Rifle Range Rd



Register by May 21, 2016

We advise everyone interested in attending to register early to avoid disappointment. Workshops have limited space available, Registrations will be processed on a first-come-first-served basis.



Workshop 'A' Choices

10:30am - noon

A1 - The Right Way... For People with Developmental Disabilities: Josh Dion - Broadley, Salvation Army Lawson Ministries and Tanya Sizer, Community Living Hamilton

The presentation provides education on individual's rights and the associated responsibilities. Also included, the video titled, "The Right way", is based on the established 16 Rights. This video is used as a tool to generate discussion on Rights and Responsibilities and allows individuals with developmental disabilities to reflect and visualize where their rights have been respected or broken.

A2 - An overview of Developmental Services Ontario - Hamilton Niagara Region: Danielle Bushey

The Developmental Services Ontario Hamilton Niagara Region (DSO HNR) will provide an overview of access to adult developmental services and supports. From Intake to completion of the Application Package. Touching on many changes in the Developmental Services sector over the past 3 years, information regarding the DSO's principles, key responsibilities and learnings will be shared.

A3 - ODSP and Employment Supports - Tanya Ristic, Ontario Disability Support Program

Topics will include: How to Apply of ODSP, ODSP Mission Statement, Eligibility Requirements, Working While on Assistance, Employment Support Program, and Benefits of ODSP

A4 - Communities of Belonging: John Guido, Faith and Culture Inclusion Network

Faith and cultural communities can be important places of welcome for individuals with disabilities and their families to find true belonging, friendships and meaningful supports. Unfortunately, many have not experienced this welcome or support. When a faith and cultural community welcomes the gifts of each person, individuals thrive and the whole community is enriched.

A5 - The Self-Advocacy Story - People First

People First Ontario was founded in 1982 by people with a developmental disability in order to support each other to reclaim their rights to be recognized as full citizens of Ontario. The organization tackled issues such as work and fair wages, stopping abuse and neglect, and the closures of regional institutions.

A6 - Mind full or Mindful?: Jo-Anne Kens, Hamilton Brant Behaviour Services

Mindfulness is not new, but interest has grown in recent years, making more accessible. Learn simple techniques to reduce stress and promote well-being for yourself and others. See the world in a whole, new way.

A7 - Using Public Transportation Independently & Safely: Michelle Martin, Salvation Army Lawson Ministries and Michael Ayre, a training alumnus

We will explore the pedestrian, personal safety and problem-solving skills needed to use public transportation independently and safely, using Community Access to Transportation (CAT) teaching materials and segments of instructional videos. We will also talk about how families and caregivers can support the learning experience, and what they can do to prepare a person for independent travel.

A8 - Person Directed Planning: Joanne Markey, Rygiel Supports for Community Living

The session will address the requirement for Person Centred/Directed Planning for anyone who receives services within the Developmental Services sector. What is PDP? What is the process? What difference will it make to the life of the person receiving support? These questions will be addressed.

Workshop 'B' Choices

1:00pm - 2:30pm

B1—Communities of Belonging: John Guido, Faith and Culture Inclusion Network

Faith and cultural communities can be important places of welcome for individuals with disabilities and their families to find true belonging, friendships and meaningful supports. Unfortunately, many have not experienced this welcome or support. When a faith and cultural community welcomes the gifts of each person, individuals thrive and the whole community is enriched.

B2 - MyDirectPlan - Hassnane Sajan, DARTS solution Inc. and John Bedell, former ED of Woodstock Association of Community Living

MyDirectPlan is an easy to use online budgeting and reporting tool designed for individuals receiving Direct Funding. MyDirectPlan will track your expenses and provide personal budget forecasting. The application streamlines the administration of your Direct Funding and meets the reporting requirements of your Passport agency. The speakers will be accompanied by families who have adopted use of the tool.

B3 - ODSP and Employment Supports - Tanya Ristic, Ontario Disability Support Program

Topics will include: How to Apply for ODSP, ODSP Mission Statement, Eligibility Requirements, Working While on Assistance, Employment Support Program and Benefits of ODSP.

B4 - Strategies to Help Support Youth and Adults in Their Homes - Megan Brayshaw, Woodview Mental Health and Autism Services

A variety of easy to use and helpful strategies for increasing independence will be discussed. Participants will gain a better understanding of how to use supports and strategies with teens and adults with ASD and other developmental disabilities across a variety of settings, including home, school and work.

B5 - Community Integration through Cooperative Education: Mohawk College - Emily Ecker, Program Coordinator

Provides students who have intellectual disabilities and other significant learning challenges the opportunity to pursue a postsecondary education, develop skills to help prepare for employment and experience college life.

B6 - RESPITESERVICES.COM: Ron Trajano, Rygiel Supports of Community Living

The session will provide an overview of the database and information for families and potential workers on how to register in the database and how families can find workers through this user-friendly tool.

B7 - An Overview of the Hamilton Niagara Region Regional Passport Program: Presenter To Be Confirmed

Passport is a direct funding provincial program under the Ministry of Community and Social Services for persons that are 18 years of age or older with a developmental disability. The workshop will provide a knowledge-based overview of the Passport Program and what expenses are admissible. With the increase in recipients and funding, the Passport Program continues to grow. You will be given opportunities to connect with the staff that provides direct service delivery.

B8 - The Family Experience of Change - Panel Discussion

Panel members will share personal stories of their feelings/thoughts then and now related to personal challenges of letting go of complete care-giving responsibility of a family member.

Keynote Speaker:

Reina McDowell & Richard Ruston
of People First Ontario

Present

“Breaking Down Barriers - How to Exercise Full Citizenship”

PEOPLE
FIRST
of ONTARIO



PERSONNES
D'ABORD
du ONTARIO



Conference Day At A Glance

Saturday May 28, 2016

St. Mary High Catholic Secondary School, 200 Whitney Avenue, Hamilton, ON

Morning Workshops

- | | |
|---------------|--|
| 8:00 - 9:00 | Registration, Agency Booths and Breakfast |
| 9:00 - 10:00 | Greetings from the MCSS Hamilton Niagara Region
Keynote Speaker |
| 10:10 - 10:30 | Morning Break |
| 10:30 - Noon | Workshop A Choices |

Afternoon Workshops

- | | |
|-------------|----------------------------|
| Noon - 1:00 | Lunch Break, Agency Booths |
| 1:00 - 2:30 | Workshop B Choices |
| 2:30 | Evaluations |

Continental Breakfast and Lunch Provided By:



Please note: We cannot guarantee that foods provided have not come in contact with food allergens.

List of Supporting Agencies

- Bethesda
- Beth Tikvah Foundation of Hamilton
- Catholic Family Services - Adult Protection Services
- CHOICES
- Christian Horizons
- Community Living Hamilton
- Developmental Services Ontario, Hamilton Office
- Family Counselling Centre of Brant - Hamilton Brant Behaviour Services
- L'Arche Hamilton
- Rygiel Supports of Community Living
- Salvation Army Lawson Ministries
- Woodview Mental Health & Autism Services
- YWCA Hamilton
- Ministry of Community & Social Services, Hamilton Office

May



2	3	4 Day 4 - Community Helper <i>Parents as Partners Series</i>	5	6
9	10	11 Day 4: Glenwood Indy	12	13
16	17	18 Day 4: Spring Picnic/BBQ	19	20
23 Victoria Day	24	25 Walk and Roll-a-thon	26 Day 4: Christmas in May	27
30	31			

**** Help for Today, Plan for the Future 2016 ****

Saturday May 28th, 2016 8:30 am- 2:30pm