



For people with intellectual disabilities

# The Spark

Spark the unlimited potential of all people

## November 2017 Issue #07

The Spark features inspirational stories of accomplishments people have achieved and the Personal Outcome Measures related to these achievements. Personal Outcome Measures are the foundation of everything Simcoe Community Services does to support people.



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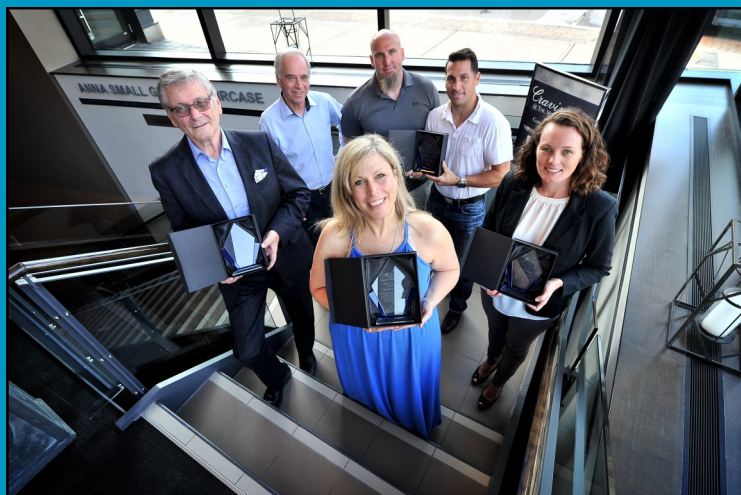
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## Simcoe Community Services' Gifts of the Heart

For giving selflessly of their time and energy to improve the quality of life for people with intellectual disabilities, please join Simcoe Community Services in congratulating the 2016/17 Gift of the Heart recipients: Tara Dawn Winstone from Fresh Radio @ 93.1; John McNabb of John McNabb Clothier; SCS Foundation Treasurer Victoria Ptasiuk; Cindy Yau and Andrew Crow from Andy's Place in Barrie; and the SCS Community Partner of the Year, The Barrie Bay Cats. Please see pages 4 and 5 of The Spark for more on this year's Gift of the Heart Award recipients.



At the Mady Centre (left to right): John McNabb, Bay Cats President Dave Mills, Bay Cats Manager Angus Roy, Bay Cats outfielder Ryan Spatero, Victoria Ptasiuk, and (front) Tara Dawn Winstone.

**Outcome - People perform  
different social roles**

## A New Logo for The Spark

We give thanks for the talents of Simcoe Community Services Housing Specialist Tasha Sandbach. Tasha created our new logo that appears in the masthead of this edition of The Spark. Tasha is a member of the dedicated SCS Barrie Housing Supports team that provides services to those who are homeless or at risk of homelessness, as well as information about and referrals to other community resources. Thank you Tasha for helping spark the unlimited potential of all people.



# PRESIDENT'S MESSAGE

## Message from President Jim McNamara



Simcoe Community Services is in a time of significant change. We have a new Executive including Valerie Scott (Vice President), Bob Kennedy (Treasurer), Stewart McNeely (Director) and myself. Our new CEO will also be a member of the executive in the near future. The Board of Directors also includes Paul Hunter, Tom Aikins, Miriam Villamil-Pallister, Mitch Wynne and Deborah Wall-Armstrong. This is a diverse and energetic group who are committed to the people that we serve.

As many will know we are in the process of recruiting a new CEO. A decision will be made soon and an announcement will follow shortly thereafter so stay tuned on that.

Although I am not new to the Board, I am new to the position of President, so I thought I would take this opportunity to tell you something about myself. Family is very important to me. I am a husband, father and grandfather. My wife Paula and I were married 44 years ago. We have four sons, four daughters-in-law and six grandchildren. Our family all live in Barrie, so we have the pleasure of spending lots of time together. Family time is by far our favourite thing to do. My hobbies include; motorcycling, hockey, baseball, golf and travelling. I have been retired from MCSS for twelve years. My career spanned thirty-four years in Young Offenders services, project management and ODSP. My philosophy related to service delivery is that all people have the right to live a good life as they see it. Our challenge is to hear their vision and support them to achieve their goals.

I know I speak for the Board when I say we are committed to an open and honest environment where people feel valued. We are interested in the opinions of our stakeholders, most important, the people we serve and their families. We recognize that SCS staff are also a very important resource and the quality of the services we provide is dependent on them. With this in mind, our goal is to ensure a workplace where staff feel valued and are empowered to be the best they can be. The Board is always willing to hear what you have to say.

I am excited to meet the challenges of this role as President and look forward to working with all stakeholders as we move forward.

Jim McNamara  
President, Simcoe Community Services

# THE SPARK

## Saying goodbye to CEO Bill Silk

With retirement waiting in the wings, Simcoe Community Services officially said goodbye to CEO Bill Silk on October 24th. On his last day at SCS, The Spark had the chance to sit down and reminisce with Bill.

### *How has Simcoe Community Services changed over your 18 years here?*

When I started we had about 300 employees. Back in the late 90's, the Ontario Early Years Centre did not exist, and the Orillia arm of our agency (ODACL), was not under our supervision. Adding those program areas grew our agency by about 200 employees. It was also during this time period that the Huronia Regional Centre closed. That translated into ten new group homes and eighty additional staff for Simcoe Community Services. It's was a tremendous growth period for our agency.



### *What's your Simcoe Community Services career highlight?*

Probably when I first started here. I got the opportunity to work with former SCS CEO Lynn Price. I had worked with Lynn at the Ministry of Community and Social Services and she became a great friend. Coming here to Simcoe Community Services was such a fortuitous event because I've had the most fun here out of anywhere I've worked. I have Lynn to thank for that. The smartest move I ever made was coming here.

### *What will you miss most about Simcoe Community Services?*

The people. It's such a great place to work. There's just such a good feeling here. People are here for the right reasons. They really care about the people we support.

### *What are your plans for retirement?*

Short term is to improve upon my golf game. Long term is to get involved in my community. I'm looking to do more travelling with my wife, Sharon. Of course, I look forward to spending time with my kids, and my grand kids. For me, family is really important. They're all thrilled that I'm retiring.

### *At SCS, you were well known for your collection of sweaters. If there's one sweater that is your favourite, which one would it be?*

I would say the one with the giant Santa Claus on the front of it. It's probably my most gauche sweater. I do like it though. I like all my Christmas ties too.

**Bill, thank you for your knowledge, vision and wisdom over the last 18 years. Simcoe Community Services will miss you.**



**Outcome - People realize goals**



# GIFT OF THE HEART AWARDS

Please join us in congratulating the 2016-17 Gift of the Heart Recipients. Honouring those individuals and organizations who selflessly give their time and energy to improve the quality of life for people with intellectual disabilities as well as Simcoe Community Services, the Gift of the Heart Awards were presented at the SCS Annual Meeting on September 26th.



**Tara Dawn Winstone** from Fresh Radio at 93.1 is a valued member of the SCS Public Awareness Committee. Along with her long standing commitment as emcee of the annual Celebrating Community Champions Fashion Show and eager participation in the annual SCS Celebrity softball game, Tara also contributed her caring and insightful community voice during Accreditation 2016. As a high profile member of the media in Central Ontario, Tara is a compassionate advocate and caring voice for people with intellectual disabilities.

If you look good, you feel good. However, for **John McNabb**, giving back to community is just as important as providing the finest men's clothing apparel to Central Ontario. For more than 22 years, his store; John McNabb Clothier, has made sure our SCS models look and feel their best. John McNabb has been there from the very beginning, going above and beyond in ensuring the success of SCS' largest fundraising event. Thank you John for making Simcoe Community Services look so dapper.



For the last three years on Christmas day, **Cindy Yau** has opened the doors of her restaurant, Andy's Place on Hart Drive in Barrie, to people living in SCS' Group Home and Supported Independent Living Locations. It's a Christmas dinner with all the fixings they wouldn't otherwise get. **Andrew Crow** provides the entertainment with karaoke and guitar playing. Everyone gets a take home gift. For Cindy and her family, it's a chance to give back and learn the true meaning of Christmas. Thank you Cindy and Andrew for your gracious generosity. Christmas dinner never tasted so good.



# GIFT OF THE HEART AWARDS

## Congratulations to the SCS 2016-17 Gift of the Heart recipients

**Victoria Ptasiuk** is truly a committed and dedicated volunteer to Simcoe Community Services. Along with her role as Foundation Treasurer, Victoria is also the Chair of the SCS Celebrating Community Champions Fashion Show. Under her guidance and direction, the 2017 show was the most successful yet, raising \$30,000. Her grace and gratitude ensured that our important community partners, sponsors, volunteers and models know how much their efforts are valued. Thank you Victoria for your tireless efforts to help raise money that enhances the quality of life for people with intellectual disabilities.

Victoria Ptasiuk (right) with Dino Melchior, Gold Sponsor of the 2017 Celebrating Community Champions Fashion Show



By celebrating the accomplishments of people with intellectual disabilities in Barrie and Orillia, the **Barrie Bay Cats** prove why they're inclusive champions both on and off the field. Simcoe Community Services is grateful to the Bay Cats for their ongoing support in events like SCS Night at Coates Stadium, the Barrie Integrated Baseball League Celebrity All-Star game, and the Celebrating Community Champions Fashion Show. Please join Simcoe Community Services in congratulating our 2017 Community Partner of the Year; the Barrie Bay Cats.



Top left: Dave O'Brien and Mike Hardy hang with Bay Cat outfielder Glenn Jackson, while Perry Skilliter presents Bay Cat All-Star Ryan Spatero with the 2017 SCS Community Partner of the Year Award

**Outcome - People realize goals**

# THE SPARK

## CLO Conference 2017

Simcoe Community Services was well represented September 13-15 at the 64th Annual Community Living Conference and Annual General Meeting in Niagara Falls. This year's theme, **Spark Change - Raising Awareness and Advancing Solutions** focused on taking the next steps on our collective journey to full participation and engagement within our shared community.



Clockwise top left: SCS' Kim Stephens, Maxine Johnson, Allison Bobbette and Jacquie McKnight; Allison Bobbette signs an autograph following her Backstage to Advocacy presentation; 4 time Olympian and keynote speaker Silken Laumann, Jordan Richards addresses the crowd; Niagara Falls at night glows with the CLO colours; and Annie St. Louis and Don Green find the perfect Falls photo op.



Outcome - People participate in the life of the community





# THE SPARK

## I Am Able

Allison Lauren Bobbette has been singing since she was a little girl. You see, this is a big, passionate voice with much to say. Already a published author and advocate for inclusion, Allison can now add singer/songwriter to her impressive and expanding resume.

In 2015, Allison embarked on her most ambitious artistic endeavor to date, co-writing and recording a song called **I Am Able** with Adrian Moody of Music Without Barriers, a non-profit group that helps those with disabilities express themselves through music. According to Allison, "If you ever feel scared about sharing your gifts to the world, listen to your heart." Your heart is the greatest, most precious voice of all. Believe in yourself." Moody added, "Allison was amazing to work with and her message is about smashing labels. It's about empowering yourself to be who you are no matter what."

Please join Simcoe Community Services in congratulating Allison on her inspiring message that transcends disability. **I Am Able** is now available for purchase [here on iTunes](#).

Thank you again Allison for your special gift in song.



(Above) Tara Dawn Winstone and Matt McLean of Fresh Radio 93.1 welcome Allison to their studio to chat about her new song I Am Able.



**Outcome - People realize goals**



# THE SPARK

## Best of Friends by Debbie Murphy-Preston

When John Dorion met Sherri Carter, an instant friendship was formed. These two best of friends have much in common.

As John begins his day, he immediately wonders what Sherri is planning for her day. They talk to each other on the telephone and John will invite Sherri to come and visit. Together they like to play games, as well as watch TV or a movie or listen to music. They also enjoy colouring, and doing word searches.

John is always inviting Sherri to come with him wherever he goes, whether it's to the park, swimming, visits to the library, or one of their favourite activities, shopping!

John and Sherri are willing to explore new opportunities together. It's a friendship that seems destined to grow and develop over the coming years as they share many activities, interests, and laughter.

John and Sherri know that a true friend is the greatest of all blessings.



Outcome - People have friends

# THE SPARK

## Sam's trip to Niagara Falls by Michelle Baker

Samantha Smith recently went on an overnight trip to Niagara Falls. This was a surprise trip, so she was very excited!

Our first stop on the trip was Bird Kingdom. Sam was very happy to see the birds, and stood for quite a while listening to the different birds talking to people. A highlight was being able to hold a lorikeet bird, however, her favourite bird was the African Grey since it talked a lot and had a good sense of humour! Sam also enjoyed watching the skunks and bats.

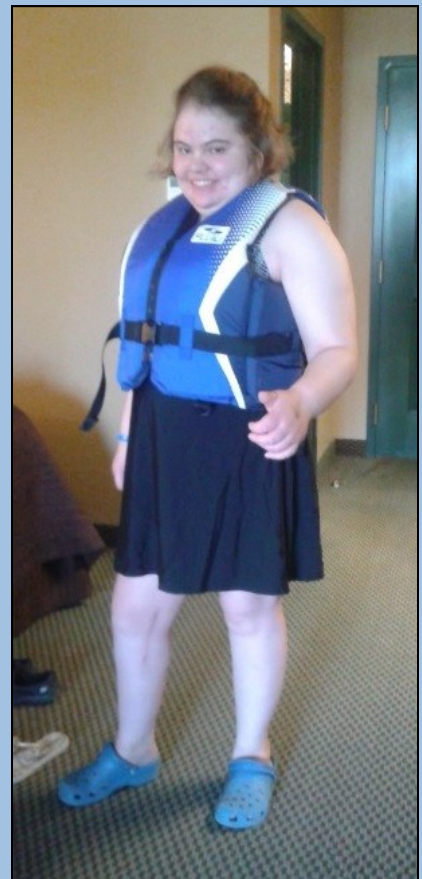
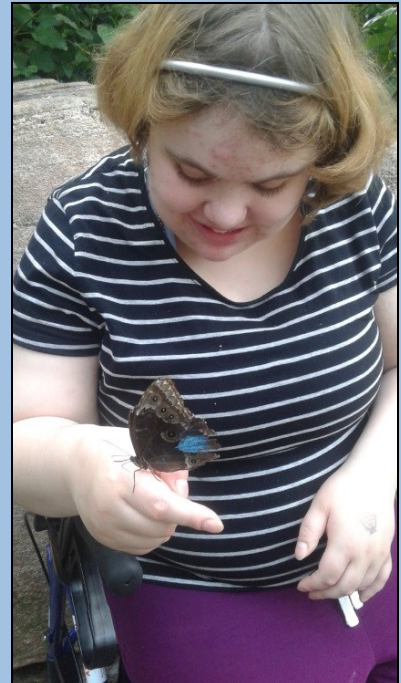
The next stop was at the Niagara Parks Butterfly Conservatory. Sam had a butterfly placed on her hand to hold. It sat there for quite some time while Sam looked down with a big smile on her face.



Then it was time to check in at Great Wolf Lodge for the night. Sam was so excited walking through the hotel looking at all the animals! She liked her Wolf Den Suite and made herself at home right away. We

immediately put our swim suits on and went swimming at the Water Park. First, Sam went on the lazy Crystal River, which was a first for her. Sam loved it so much she floated around for a quite some time. She also tried the wave pool, and the crashing waves made her laugh hysterically. Sam was asked if she wanted to try one of the bigger slides. At first she said no, but then felt brave and said she wanted to try it. She loved it and was very proud of herself. The day ended with an evening ride down to see Niagara Falls lit up at night.

Once back home, Sam commented on what a great time she had! Thanks Niagara Falls for the great memories.



**Outcome - People participate in the life of the community**



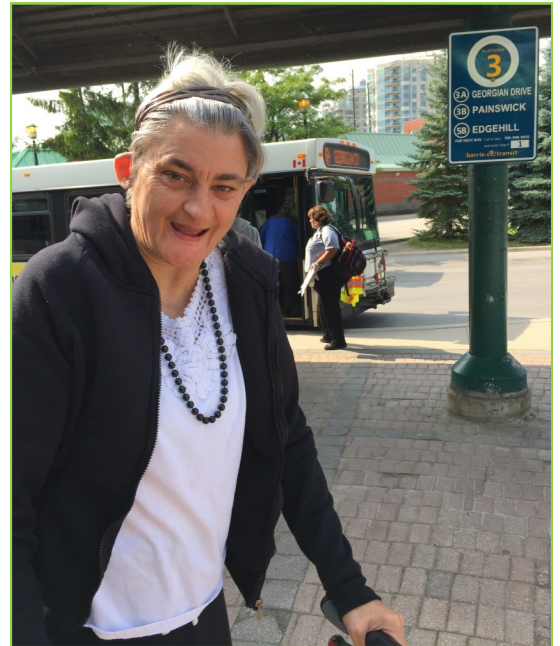
# THE SPARK

## Here Comes the Bus! by Sunny Ighani-Lightfoot

One of Deborah Bremner's goals has been to ride one of the Barrie Transit buses downtown and back home. Deborah has always talked about going on the "bus".

On a recent beautiful sunny day, Deborah decided to catch the bus into Barrie's downtown, go for a nice walk and have lunch before returning back home. It was amazing to see how happy, proud and full of inner joy Deborah was during the ride and when she got off the bus! She enjoyed the entire experience.

Deborah also noted how easy and comfortable the ride was thanks to the accessible ramps provided by the City. Thank you Barrie Transit. Deborah hopes to go on another ride soon.



**Outcome - People participate in the life of the community**

## SUPERHERO JOE HUGHES by Lindsay Moore



Some people dream of being a Superhero. For Joe Hughes, he becomes the Caped Crusader to help kids fighting cancer. On September 23rd at Heritage Park in Barrie, Joe participated in the 2nd Annual Superhero Stomp for Candlelighters Simcoe.

From Spiderman to Superman, favourite superheroes were showcased while walking to raise awareness and Stomp Out childhood cancer. Joe even met one the members of the 107.5 Kool FM Street Team who was also dressed as Batman, and even got to share a dance with her. Who knew the Dark Knight was so light on his feet?

With or without the cape Joe, you're our SCS Superhero.





# THE SPARK

## Dr. Leighton Jay in Barrie

It was an inspiring day for Simcoe Community Services at the Barrie Country Club on September 25th with Dr. Leighton Jay from Perth, Australia as he shared his insight and personal experience as a parent and advocate. Thank you Dr. Jay for your message on claiming full citizenship, choice and control on supported decision making, and your own journey as a parent of a child with an intellectual disability.



(Clockwise above) Jefferson Broomes welcomes our guest to the stage; After a session, one on one time with Dr. Jay; Niki Chaltas gets her photo op; The SCS Leighton Jay Organizing Committee; Leighton Jay shares his message of advocacy and inclusion.



**Outcome - People participate in the life of the community**

# THE SPARK

## Simcoe Community Services on the CBC



The Grandparent System Support Program at Simcoe Community Services was recently featured on Ontario Morning on CBC Radio with Wei Chen. Thank you to Colleen Longhouse for sharing her story. You can listen to the full interview [here](#).



Simcoe Community Services is committed to building a network of supports in Simcoe County for grandparents parenting their grandchildren.

## Self Advocates Council 2017



Please meet the 2017-18 Simcoe Community Services Self Advocates Council. Back row left to right: Kaela Brown, Kevin Grigg, Brant Mawdsley, Annie St. Louis, Brian Waring, and Stephen Beaton. Front row: Jordan Downing, Kas Lindow, Kara Black, and Allison Bobbette. Absent: Morgan Cope and Justin McNichol.

Simcoe Community Services is grateful to these passionate SCS volunteers for their advocacy and contributions that greatly enhance the lives of people with an intellectual disability.

**Outcome - People perform different social roles**



# VOLUNTEER WITH SCS

**Amber Gazso loves getting crafty with Simcoe Community Services. For close to 4 years now, this University of York Sociology Professor and DIY expert volunteers her time by hosting the craft program at O'Brien House. It's an afternoon filled with creativity, laughter and a few sticky fingers. The Spark recently attended one of Amber's crafting sessions to make Maple Leaf Fox Crafts with Shelley, Paul, Shane and Yvonne.**

***How do you come up with your craft ideas?***

I'm actually not very crafty. I try the projects first at home with my 6 year old daughter, then get some help from my friends who are far craftier than I am. I now have a great collection of craft supplies at home.

***Why do you volunteer with Simcoe Community Services?***

I've received a great deal of support from my community and wanted to give something back. I like being a part of my community in a way that is very inclusive. I also enjoy the sheer enjoyment everyone gets by participating in a fun activity.

***What do you love the most about volunteering at O'Brien House?***

My friends at O'Brien House make my day when I visit. It's such a warm, inviting place. The staff are so friendly and helpful. Everyone here is always in good spirits and I always feel welcomed.

***How do you come up with a craft idea that everyone will enjoy?***

We always work together as a team, however it's important to know everyone's strengths. Shelley loves the bright colours. Bruce makes me think of his love of music, and Yvonne always keeps me on task.

***So tell us, what goes into making a great Maple Leaf Fox?***

Newly fallen maple leaves that are just starting to dry are the best to work with. You've also got to have a creative approach to mixing colours. Who doesn't like a pink nose on a fox?

**THANK YOU AMBER** for all you do for Simcoe Community Services and O'Brien House.

**Outcome - People perform different social roles**





# THE SPARK

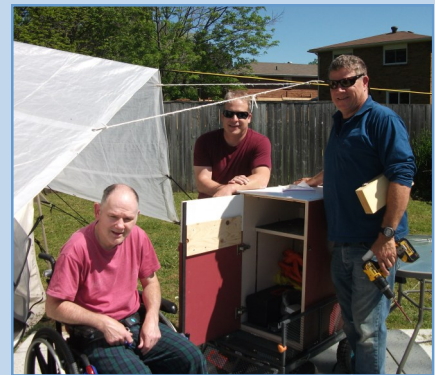
## Special SCS Handyman by Brenda Pascoe

HGTV's Mike Holmes has nothing on these guys. Simcoe Community Services Property Maintenance Technicians Craig Rioux and Jim Hannigan are two very handy guys. Helping to maintain over forty SCS locations tends to keep you on your toes. Despite a "Honey-Do" list as long as Highway 11, Craig and Jim were more than happy to build a new, rugged, custom-made tool cabinet for fellow handyman Bob Miller. Mobile and rugged, Bob's new weatherproofed cabinet is now mounted onto his portable wagon.

While anxious to organize his tools in his new cabinet, it was through tears of joy that Bob was able to show his heartfelt appreciation to Craig and Jim.

Now step aside. Bob has some DIY projects he's been itching to get at.

**Outcome - People use their environments**



Left to right: Bob Miller, Craig Rioux and Jim Hannigan share some tool time down time.

## Christmas Shopping for Simcoe Community Services

Bradford Greenhouses  
**GARDEN GALLERY**

When out shopping this holiday season, don't forget our festive friends at Bradford Greenhouses Garden Gallery (Barrie).

Be sure to advise the cashier prior to inputting the sale that you would like your purchase to benefit the Simcoe Community Services Foundation. 5% of sales will come to the Foundation and help enhance the lives of people with intellectual disabilities in Barrie and Orillia. Thank you Bradford Greenhouses Garden Gallery.

Happy shopping!



# THE SPARK

## The Simcoe Community Services' Brett Millar Award



In memory of her husband Brett, Gloria Millar presents the 2017 Simcoe Community Services Brett Millar Memorial Award to Johnathon Fallows, the Barrie Integrated Baseball Association's Most Sportsmanlike Player of the Year. For close to 30 years at SCS, and as a founding member of the BIBA, Brett Millar was a passionate advocate for people with intellectual disabilities. Congratulations Johnathon on this outstanding honour!

**Outcome - People participate in  
the life of the community**

### Save the date!



Planning and preparations are underway now for the 23rd Annual Simcoe Community Services Celebrating Community Champions Fashion Show, **Thursday April**

**19th, 2018** at Mavrick's Music Hall. Contact Jamie at [jhall@simcoecommunityservices.ca](mailto:jhall@simcoecommunityservices.ca) to become a sponsor and/or donate a silent auction item for this uplifting event. With your assistance, we can help improve the quality of life for individuals with intellectual disabilities.





# THE SPARK

## Don't you love a good reunion?

Corey Lonsdale was devastated after his new KHS mountain bike was stolen during a recent visit to the Barrie Public Library. Luckily, Corey had many friends looking out for him. Thanks to a good Samaritan at Terry Fox Public School, Corey's bike was found and turned into the Barrie Police a few days later. What came next was truly special.

The bike was a bit damaged, so John Schweirer, Sales Manager of the Bike Zone fixed it up and Barrie Police Constable Jackie Parkin helped in surprising Corey with the return of his bike. According to Schweirer, "We knew it was the right thing to do, and it made us here at the Bike Zone feel pretty good seeing how happy Corey was to get his bike back." Through tears of joy, Corey was able to express his sincere thanks to John and Jackie for their kindness and generosity.

With new friends by his side, Corey's ride never looked better.



Corey Lonsdale (centre) with Constable Jackie Parkin and John Schweirer of the Bike Zone

**Outcome - People realize goals**



## At the Ontario Early Years Centre

Nicholas knows there's lots of do-it-yourself fun at the OEYC in Bradford. This Make and Take Bird Feeder simply required a long piece of wool, fruit loops, bread cut into different shapes, apple and some orange peel. Oh, and don't forget Nicholas' imagination! Once the birds eat all the treats, they can use the wool for their nest. Happy bird watching Nicholas!



**Outcome - People realize goals**



# SCS PRESCHOOL

## #tiedadsin with SCS Infant Development



Congratulations to the Simcoe Community Services Infant Development team for its recent award from the Ontario Association for Infant and Child Development.



With Infant and Child Development Day 2017 falling on Father's Day, this year's theme was **#tiedadsin**. SCS Infant Development celebrated dads and the vital role they play in their children's lives. Statistics consistently show that children with involved fathers show greater tolerance for stress and frustration, more curiosity, and have higher compassion and empathy.

Simcoe Community Services is proud of our Infant Development team for the support they provide to families in a truly family centered way everyday.

**Outcome - People are connected to natural support networks**



The Simcoe Community Services Infant Development team (left to right): Dianne McLean, Patti Radford, Karen MacDonald, Infant Development Supervisor Patricia Kneeshaw, Melanie Enwright, Susan Morrison, Tania Drury, Katelyn Sorefleet, Shawna Matthews, and SCS Preschool Manager Michele Kapteyn

# COMMUNITY

## Barrie Advance carrier connects with neighbours



Darren Doucette knows his neighbourhood like the back of his hand. As the man entrusted with delivering the news for both The Barrie Examiner and The Barrie Advance, Darren has gotten to know just about everyone on his route. Pointing out who bought a new truck, or who is in the midst of a basement renovation, Darren is greeted with friendly hellos as he gets his job done and makes his deliveries throughout his east end Barrie neighbourhood.

For Darren, it accomplishes two things, “I signed up to deliver the paper to make some money and to meet people.”

Prior to delivering, Darren assembles his papers. According to SCS Support Worker Matt Jeffries, “Darren likes to rock it out in the basement, playing music while sorting the papers. He takes a lot of pride in his job.”

He’s also proud of the relationship he has with the neighbours on his route. Darren will once again this year purchase Christmas cards to give out for the upcoming holiday season. “I know my neighbourhood pretty well”, says Darren. “I like to go out and talk to people the most,” he adds.

Born in Toronto, Darren has lived in Barrie for more than a decade and his neighbours are thankful to have him. “He’s a good person and always makes smile,” neighbour Kevin Graham said, who came to the door when his paper arrived. “We always talk about his day and he always cheers up my day.”

Thanks to Darren, this is one neighbourhood that’s hot off the press. Why not? Having him deliver the paper is always good news.



Neighbour Kevin Graham catches up with Darren during the weekly delivery of his Barrie Advance.

**Outcome - People choose  
where they work**



# THE SPARK

## Supportyourway.ca

Introducing the new upgraded site [supportyourway.ca](http://supportyourway.ca). This provincially driven program provides a free service to families who have a family member with an intellectual and/or physical disability who are looking to connect with a respite/direct support provider. CHAP assist children and adults to be more independent, access their community and provide more opportunities to reach their potential.



Respiteservices.com will still exist under the supportyourway.ca brand. When you visit the site, you will see a refreshed, mobile friendly site we hope is welcoming to you.

In Simcoe County, in addition to respite services, we have expanded to offer information and resources listed under direct support services. Many people are seeking services beyond respite for direct support with recreation, daily living and community participation. We want to ensure people can easily access this information.

Respiteservices.com is still an important feature offered through supportyourway.ca in Simcoe County.

You will find respiteservices.com as an option on the site. The site will function as it always has and there are no changes to the trusted service you have received in the past. In fact, you will still be able to key in [www.respiteservices.com](http://www.respiteservices.com) and will be automatically re-routed to supportyourway.ca.

Same trusted service, now with a new look. Support your way.

For more information, please contact [Carolyn Harris](#), Respite Coordinator at or 705-726-9082 x 2259.

**Outcome - People choose services**

# HEALTH AND WELLNESS

## Protect against the flu!

The flu (influenza) is a contagious virus that anyone can get. There are several things you can do to protect yourself from catching it, or spreading it to others; however the flu shot is always your best defense. The flu shot is:



- **Safe, including for kids and if you are pregnant or breastfeeding.** (Please note that children under the age of five are not able to be vaccinated at pharmacies. Connect with your personal health care provider instead. Those who have children under five who do not have a health care provider, and those who do not have an Ontario health care number can make an appointment with the Simcoe Muskoka District Health Unit by calling 705-721-7520 or 1-877-721-7520)
- **Free**
- **Available from your doctor or nurse practitioner, and at participating pharmacies and local public health units across the province.**
- **Proven to reduce the number of doctor visits, hospitalizations and deaths related to the flu.**
- **Different each year because the virus changes frequently – so you need to get it every fall.**

**COLD AND FLU MYTHS VS FACTS**

- FEED A COLD AND STARVE A FEVER (OR VICE VERSA)**  
FALSE: EITHER WAY IT'S WRONG. EAT HEALTHY TO GET HEALTHY!
- ANTIBIOTICS CURE COLDS AND FLU**  
FALSE: THE COLD AND FLU ARE VIRUSES. ANTIBIOTICS ONLY WORK ON BACTERIAL INFECTIONS!
- COLD WEATHER CAUSES A COLD**  
FALSE  
ONLY CERTAIN VIRUSES CAUSE A COLD!
- DRINKING MILK PRODUCES MORE MUCUS**  
FALSE: IT HAS NO IMPACT ON MUCUS PRODUCTION BUT IS FULL OF VITAMINS AND MINERALS!
- THE FLU VACCINE CAN GIVE YOU THE FLU**  
FALSE  
THE VIRUS IN THE VACCINE IS INACTIVE AND CAN'T CAUSE AN INFECTION!
- SWEAT IT OUT**  
FALSE  
DEHYDRATION CAN MAKE YOU FEEL WORSE. DRINK LOTS OF FLUIDS!
- GO FOR A STEAM**  
TRUE: INHALEING STEAM LOOSENS MUCUS AND OPENS BLOCKED AIRWAYS!
- GARGLE WITH SALT WATER**  
TRUE: A SORE THROAT CAN BE SOOTHED BY GARGLING WITH WARM WATER MIXED WITH SALT.
- EAT CHICKEN SOUP**  
TRUE  
THE STEAM HELPS WITH CONGESTION WHILST THE BROTH KEEPS YOU HYDRATED!
- BLOW YOUR NOSE OFTEN**  
TRUE  
SNIFFLING CAN ENCOURAGE A SINUS INFECTION!
- COOL MISTS HELP?** FALSE  
**HUMIDIFIER CAN HELP EASE NASAL CONGESTION?** TRUE
- HOG THE PILLOWS**  
AN EXTRA PILLOW ELEVATES THE HEAD TO OPEN NASAL PASSAGES AND DRAIN CONGESTION!

Flu season runs from late fall to early spring. Be sure to get your shot as soon as it is available because it takes two weeks to take effect.

Simcoe Community Services cares about your health. [Here](#) are the locations where you can get the flu shot for free.

**Outcome - People have the best possible health**



# SCS MILESTONES

## October 2017– December 2017 SCS Service Award Recipients

Linda Abernethy - Preschool Services - 30 years  
Baukje Sweeney-Koopmans - Accommodations Barrie - 25 years  
Velvet Burnie - Operations - 25 years  
Tania Drury - Preschool Services - 20 years  
Elaine Evans - Community Support Services Orillia - 20 years  
Thoralynn Laughlin - Accommodations Orillia - 20 years  
Anthony Oliver - Accommodations Orillia - 15 years  
Sheri Blincoe - Accommodations Barrie - 15 years  
Shannon Moore - Accommodations Orillia - 15 years  
Katie Maloney - Accommodations Barrie - 15 years  
Susan Bazinet - Accommodations Orillia - 10 years  
Georgina Lacroix - Accommodations Barrie - 10 years  
Samantha Halliday - Accommodations Barrie - 10 years  
Joy Stewart - Accommodations Barrie - 10 years  
Linda Van Delen - Operations - 5 years  
Kayla Hall - Accommodations Barrie - 5 years  
Trish Longo - Preschool Services - 5 years  
Stephanie O'Leary - Accommodations Barrie - 5 years



**Outcome - People realize  
personal goals**

## Career Opportunities

Established in 1953, **Simcoe Community Services** now employs over 550 full-time and part-time staff in a wide range of programs and services, making it one of the largest employers in Simcoe County. Services are offered in Barrie, Orillia, Bradford, and surrounding Townships.

Simcoe Community Services is a respectful, caring and inclusive workspace. By embracing diversity, we gain strength through people and different perspectives.

**Join Our Team.** If you wish to be a part of this great organization, that believes in team work and individual growth, [you'll find it here](#). Applications can be delivered via mail, email or in person.



# FOUNDATION UPDATE



## Your SCS Foundation at work



Joan Tonner wanted to make a donation on behalf of her late brother Bill that could be enjoyed by everyone. Something that would appeal to all ages and abilities. Thanks to Joan's generosity, a wheelchair accessible Whisper Glide swing has become the best seat in the house at the home of Chris Hanlon. Providing a calm, relaxing experience, and a fun way to get some exercise, Chris' smile says it all about this new addition to the patio. Thank you Joan for this wonderful gift through The Simcoe Community Services Foundation.



**Outcome - People realize goals**



The Simcoe Community Services Foundation accepted this generous donation from the Optimist Club of Barrie that will go towards enhancing the lives of youth with intellectual disabilities in Barrie and Orillia. The Optimist Club of Barrie's motto is "Friend of Youth". They believe in "Bringing Out the Best in Kids" through their activities and fundraising for youth related programs and sponsorships.

Far left: George Clarke, President of the Optimist Club of Barrie, along with Optimist members Mary Lou Linkert and John Martel, and SCS Foundation President Ron Ptasiuk.

Simcoe Community Services Foundation raises funds to significantly improve the day to day quality of life for people with intellectual disabilities. For more information and to discuss additional ways to contribute, please contact Jamie Hall at (705) 726-9082 ext. 5280, or at [communications@simcoecommunityservices.ca](mailto:communications@simcoecommunityservices.ca).





# THE SPARK



## Mission Statement

We support people of all ages and abilities to realize their full potential and to enhance their quality of life.

*As a community, not-for-profit, multi-service organization we provide:*

- Services for children and adults with intellectual disabilities and their families;
- Programs that promote the healthy development of children of all abilities;
- Services that respond to community needs.

## Simcoe Community Services Board of Directors

Jim McNamara - *President*  
Valerie Scott - *Vice President*  
Bob Kennedy - *Treasurer*  
Stewart McNeely - *Officer*

Tom Aikins - *Member*  
Paul Hunter - *Member*  
Miriam Villamil-Pallister - *Member*  
Deborah Wall-Armstrong - *Member*  
Mitch Whyne - *Member*



*Raising funds to improve the quality of life for people with intellectual disabilities*

## Simcoe Community Services Foundation Board of Trustees

Ron Ptasiuk - *President*  
Karl Cadera - *Trustee*  
Victoria Skinner-Ptasiuk - *Trustee*  
Valerie Scott - *Trustee*  
Miriam Villamil-Pallister - *Trustee*

When you make a financial contribution to the Simcoe Community Services Foundation you will make a difference in the lives of those you care about today and in the years to come. Consider making your donation today. For more information and/or to make a donation, please contact the Simcoe Community Services Foundation at (705) 726-9082.

**The Spark** promotes acceptance of people with different abilities in our community. We celebrate successes and embrace new ideas, approaches and opportunities.

**Editorial team:** SCS Stakeholder Relations Manager Jamie Hall, Robyn Pugsley and Vanessa Ellerton.

Have a comment, question or story idea?  
Contact: Jamie at (705) 726-9082 ext. 5280, or at  
[communications@simcoecommunityservices.ca](mailto:communications@simcoecommunityservices.ca)