

Kelly Lush

From: Community Living Kincardine & District <aswan@clkd.ca>
Sent: November 2, 2023 10:00 AM
To: Kelly Lush
Subject: CLKD's November 2023 newsletter is here!



November 2023 Newsletter

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An inclusive caring community.

New year, New School and New Experiences



For Logan Graham, 8, the start of the school year also brought new experiences. The grade 3 student was finally old enough to join the school cross country team.

Nearly every day Logan participated in practice at school in advance of the race. Once the big day arrived he proudly donned his school jersey and loaded the bus with approximately 100 other students, ready to run. Being a tyke runner meant his course was 1500 meters so he was partnered with an older student who would help keep him on course. He lined up with the rest of his category and took off, almost dancing with excitement, when the signal was given.

As the runners crossed the finish line you could hear a murmur in the crowd that Logan was in sight. Some of his teammates recognized that perhaps he needed a little extra motivation as he approached the finisher chute. The crowd was cheering him on and many of his teammates went to the course to run the final leg with him, giving him that extra burst of energy to finish strong, and with a smile! Logan said that finishing with everyone cheering gave him energy to go fast at the end.

Logan loved his cross country experience, *"having my family and my friends there made me happy to race"* he said afterwards. He continued onto the regional race held on a cold and rainy day and still finished his race with a smile. He competed as an adaptive athlete and was over the moon to be recognized with a medal for his efforts. He proudly wore the medal to school the next day to share with all his classmates, telling them all about how fast he ran.

The opportunity to participate alongside his friends, to have spectators cheer him on and be included as part of a team all combined to make for a fantastic experience for this first time cross country runner.

Meaghan's European Vacation!



Meaghan's European Vacation 2023
September 15 to 30, 2023

Rhiannon, Brandon & I were on a plane for a long time. We flew from Toronto to London, England because it's an overnight flight. We went to the war museum in every country we visited in Europe.

Rhiannon and I went to see Buckingham Palace. We took the train to Brussels, Belgium that night on her 30th birthday. We went to Ghent, City of Medieval History. And we took a plane to Rome, Italy to see the Roman Colosseum in the ancient times in Italy. Rhiannon, Brandon and I went to Pompeii after the train ride from Rome to Naples. Pompeii was full of history of a disastrous volcano which buried victims alive. After that we flew from Naples to Paris, France, aka "The City of Light." We saw the Eiffel Tower, Notre Dame & Pont Alexandre III then we went to Juno Beach. We went to the Palace of The King & Queen of France before they were beheaded in 1793. In the end, Rhiannon, Brandon & I had a lot of fun in Europe. We flew from Paris to Toronto and back home in the evening. We had a lot of European Adventures in two weeks, it was amazing & wonderful. We visited London, England, Brussels, Belgium, Rome, Italy & Paris, France. - Meaghan Carter.

All About Geocaching



I have been doing Geocaching for over 10 years now. Geocaches can be found all over the world. I have Geocached in the UK, Ireland, and Canada!

In Ontario, I have done Geocaching with my Mum in Kincardine, Port Elgin, Goderich and, near Alliston. In order to go out and find Geocaches, you have to use a GPS or a Geocache App on your cell phone so that you can download the caches and coordinates.

You have to create your own Geocache account and get your name registered. Once you have your coordinates, you then can go out in search of the Geocaches. They are usually kept inside of a small box or inside a baggie. You open up the box or baggie and find the piece of paper inside. It will contain all the names and dates of everyone who has found that particular Geocache. You sign your Geocache name and the date you found it. You then put everything back as it was for the next person to find. Then you log into your account on your App, or on the website (Geocaching.com), and fill in the information of what you found and where it was.

There are people (Geocachers) who create the Geocaches for other people to find. You can find Geocaching kits at the library if you are interested in exploring it for yourself.

I like Geocaching because it is a really fun activity to do with my Mum. We usually go out together for the day and find our caches and then we go out to have lunch or do some shopping. I enjoy going Geocaching because it gets me out of the house, it's good exercise and

I get some fresh air. I feel excited when I find the items. At this point my Mum and I have found over 694 Cache's together!

- Rosie Laidler

Pro Wrestling Charity Fundraiser



It's not every day Live Pro Wrestling is available to watch here in rural Ontario! The Charity Fundraiser benefiting the Hunter Costello Memorial Fun-dation was held in Goderich this past month and Allan couldn't wait to check out the show with Anita.

"I love wrestling because it's entertaining!" Allan said. "It was awesome and nice to watch. The women wrestler won. She beat the guy! It wasn't too violent...! The wrestler put his hands on my neck for a picture! I do like wrestling; I would go to Toronto to see it if I got a chance."

Congratulations Inclusion Award Winner!



We had a wonderful time at the Kincardine Chamber Awards Gala this past month where we recognized 3 local inclusive employers - Bar Down, McDonalds and Weekins.

We were honoured to present the Inclusion award to long time inclusive employer, McDonald's.

McDonald's core values as a company are Serve, Inclusion, Integrity, Community and Family. They have been nominated in the past for the Inclusion Award as, since 2012, McDonalds in Kincardine has actively worked with Community Living Kincardine and District to find the right employees for them. Through the years, they have hired multiple people with disabilities to work in every department. At McDonalds, they work with individual strengths and talents to find that perfect job fit all while providing a supportive work environment where people can feel valued and included.

Well deserved!

Register now!



Thanks to the generous and ongoing support of Enbridge, CLKD is looking forward to hosting another FREE session of our popular PEERS training this winter! This session will be offered to adults (18+) who are looking to expand their social networks and relational skills.

PEERS supports individuals to recognize and interpret common social cues, identify their preferred social environments and explore opportunities to connect with others who may share their interests or passions.

Topics include: positive friendship qualities, identifying social cues, conversational skills, using electronic communication, organizing get-togethers and handling disagreements.

Session details:

Thursday Jan 11th – April 14th, 2024

1:30-2:30pm

Bruce Telecom Room, Davidson Centre

To register, please contact:

Julie Sharpe

519-396-9434 ex 230

jsharp@clkd.ca

Resources

IEP Planning - Effectively Advocating for your Child

Schools, teachers and families are beginning to develop and review Individualized Education Plans (IEPs). **Our blog** features several resources to help families **prepare for their IEP meetings** and understand their role in the process.

Julie and Beth from the Family Support Team are happy to offer support and attend IEP meetings to advocate alongside family members and discuss how to create positive learning environments for all children.

[IEP Resource Blog](#)

Partners for Planning Network

Community Living Kincardine & District is a proud partner and supporter of Partners for Planning, a national non-profit organization supporting individuals with developmental disabilities and their families. They are focused on ensuring a meaningful, financially secure life and a well-planned future to provide stability for individuals and peace of mind for their families.

P4P offers a variety of free, educational webinars each month on their website: <https://www.planningnetwork.ca/>

November webinars include:

The Value of Family to Family Connection and Family Networks

November 7th, 7pm

Wills and Estate Planning

November 21st, 7pm

Intro to the RDSP

November 22nd, 3pm

Upcoming Events & Activities



CLKD Community Christmas Party!

November 25th, 2023, 10:30am - 2:00pm

Kincardine Davidson Centre

Please join us at the Davidson Centre on Saturday November 25th for a fun day of Kindergym, crafts, cookie decorating, skating, hot chocolate and snacks! This free event is our way to celebrate with you all and give back to the community who supports us all year long.

Everyone is welcome and we know it will be another amazing holiday party!

Please visit our [website](#) or follow us on [Facebook](#) or [Instagram](#) to stay up-to-date.



Giving Tuesday in Support of JobsWork

November 28th, 2023

This year, CLKD is raising funds through Giving Tuesday, a one-day online donation event that kicks off the giving season, to help support JobsWork.

JobsWork supports people with a disability to find and maintain competitive employment while supporting businesses to be inclusive employers and fill open positions in their businesses and organizations.

Please visit our [website](#) and/or follow us on [Facebook](#) or [Instagram](#) to stay up-to-date!

To learn more about CLKD's services and events, visit our [website](#)!



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Media Release

Nov. 9, 2023

Public Health encourages Grey-Bruce residents to test their homes for radon

Radon is an invisible, odourless, naturally occurring radioactive gas that can build up in any home – regardless of its size or when it was built.

Exposure to elevated levels of radon in the home can, over time, cause lung cancer. Radon is second only to smoking as the leading cause of lung cancer in Canadians, accounting for about [16% of all cases annually](#).

During Radon Action Month in November, Grey Bruce Public Health is encouraging residents to test their home for radon and learn about the potential health effects of radon exposure and ways to prevent or reduce exposure.

“For non-smokers, radon exposure is the leading cause of lung cancer, which is the leading cause of cancer death in Canada. For smokers, exposure to high levels of radon increases their risk of developing lung cancer to 33%,” says Andrew Barton, Senior Public Health Manager at GBPH.

“Protecting yourself and family from radon exposure starts with testing your in-home radon levels. Because you can’t see, smell, or taste radon, testing is the only way to know if this gas is in your home.”

Radon is released into the environment when uranium found in soil, rock, or water breaks down. When radon escapes into the outdoor air, it is diluted and not a cause for concern.

However, radon can seep into homes through cracks in the foundation, gaps around pipes or drains or any other opening where the house contacts the ground. Radon can [easily build up in Canadian homes](#) that are well-sealed for the winter weather.

November is the perfect time to test for radon, as [Health Canada recommends](#) measuring radon for at least three months, ideally during heating season.

A healthier future for all.

101 17th Street East, Owen Sound, Ontario N4K 0A5 www.publichealthgreybruce.on.ca

519-376-9420

1-800-263-3456

Fax 519-376-0605

Grey-Bruce residents can either [purchase a radon test kit and perform the test themselves](#) or hire a professional to test their home.

More information on radon testing is available at www.takeactiononradon.ca/test-for-radon and on Grey Bruce Public Health's dedicated [Radon webpage](#).

For More Information:

To connect with the Medical Officer of Health or the program manager, please contact:

Denis Langlois, Communications Co-ordinator,

Grey Bruce Public Health,

519-376-9420 or 1-800-263-3456 ext. 1315,

Communications@publichealthgreybruce.on.ca



Media Release

Nov. 14, 2023

GBPH launches campaign to “attack” medication misuse

Grey Bruce Public Health is teaming up with the Owen Sound Attack and Rexall Pharma Plus in Owen Sound on a campaign aimed at promoting the proper disposal of expired and unused medication.

Starting Saturday, Nov. 18, 2023, Grey-Bruce residents who clean out their medicine cabinets and bring their old and no-longer-needed prescription and over-the-counter medication to Rexall Pharma Plus at 963 2nd Ave. E. will receive a voucher for two free tickets to any regular season Owen Sound Attack Wednesday night home game.

The “Attacking Medication Misuse” campaign will continue until Nov. 25, 2023, or until all free-ticket vouchers are claimed, whichever is sooner.

“This campaign is intended to inform and remind residents that the safest way to dispose of prescription pills and other pharmaceuticals – and ensure they do not end up in the wrong hands or impact the environment – is by bringing them to a local pharmacy. All pharmacies accept old or unused medications year-round and ensure they are disposed of properly,” says Monica Blair, Manager of Grey Bruce Public Health’s Harm Reduction Program.

Leaving old medications in medicine cabinets or cupboards can have unintended and potentially serious consequences. Trends suggest [rising rates of recreational misuse of prescription drugs](#) by youth, who often obtain these drugs from family medicine cabinets and friends.

The most recent [Ontario Student Drug Use and Mental Health Survey](#), conducted in 2021, found that:

- The percentage of students who used a prescription opioid without a prescription in the past year jumped from 11% in 2019 to 12.7% in 2021;
- One in eight students reported using any prescription drug without a prescription within the past year;

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- Nearly 4% of students reported using over-the-counter cold or cough medicine in the past year “to get high.”

In addition, adults and seniors may [inadvertently](#) take expired prescription medications if these drugs are not promptly removed from medicine cabinets and cupboards. This can cause dangerous interactions with other medications.

Improperly discarded pharmaceuticals can also end up in landfills and waterways, which can be harmful to the environment and, potentially, impact human and animal health.

“While the ‘Attacking Medication Misuse’ campaign will run for only a limited time, we hope the message resonates in the community – that properly disposing of unused and expired medication benefits both human and environmental health and has the potential to save lives,” Blair says.

People who participate in the campaign will be asked to fill out a form at Rexall Pharma Plus to indicate what medication they are returning. This data will be collected by Public Health for reporting purposes.

For More Information:

To connect with the Medical Officer of Health or the program manager, please contact:
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Kelly Lush

From: Kelly Lush
Sent: November 21, 2023 11:30 AM
To: Kelly Lush
Subject: FW: Governments Driving Innovation in Food Production

From: Ontario News <newsroom@ontario.ca>
Sent: Monday, November 20, 2023 9:22 AM
To: Jennifer White <jwhite@huronkinloss.com>
Subject: Governments Driving Innovation in Food Production



NEWS RELEASE

Governments Driving Innovation in Food Production

Canada and Ontario committing up to \$25 million to boost efficiency in farming and food processing

November 20, 2023

[Ministry of Agriculture, Food and Rural Affairs](#)

WATERDOWN – The governments of Canada and Ontario are investing up to \$25 million, through the Sustainable Canadian Agricultural Partnership (Sustainable CAP), to expand production capacity and boost energy efficiency in the agriculture and food sector.

Through the Agri-Tech Innovation Initiative, funding will be provided to eligible farm and food processing businesses to help them invest in innovative technology, equipment or processes that will expand production capacity or enhance efficiency.

This investment will support the objectives laid out in the Grow Ontario Strategy of increasing the production and consumption of food grown and prepared in the province by 30 per cent by 2032 and boosting the economic impact of Ontario's robust food and beverage manufacturing by 10 per cent.

"Through the Sustainable CAP program, we're supporting innovation and helping farmers and producers adopt new technologies," said the Honourable Lawrence MacAulay, federal minister of Agriculture and Agri-Food. "By working with the province

on these initiatives, we can help the sector enhance their production capacity while also improving energy efficiency to create a more resilient future for agriculture in Ontario.”

“Our government is steadfast in its support of Ontario’s agriculture and food sector and is confident in its tremendous potential for growth,” said Lisa Thompson, Ontario Minister of Agriculture, Food and Rural Affairs. “These investments will allow established and emerging businesses to speed up efforts to optimize their operations and help in achieving the ambitious goals we have set out for the agriculture and food sector in our Grow Ontario Strategy.”

Projects will be supported under the Initiative by allocating funds for businesses to obtain innovative equipment and technology to increase productivity and efficiency. Among a variety of targeted outcomes for this funding will be projects that also enhance cyber security in the agriculture and food sector.

Innovative technology and equipment projects, up to \$100,000, will be eligible for up to a 50 per cent cost-share. Larger projects will be eligible for a 35 per cent cost-share, up to \$100,000 in funding.

Applications for the Initiative will be accepted starting on February 15, 2024.

Sustainable CAP is a five-year (2023-2028), \$3.5-billion investment by federal-provincial and territorial governments to strengthen competitiveness, innovation, and resiliency of the agriculture, agri-food and agri-based products sector. This includes \$1 billion in federal programs and activities and a \$2.5 billion commitment that is cost-shared 60 per cent federally and 40 per cent provincially/territorially for programs that are designed and delivered by the provinces and territories.

Quick Facts

- The Agricultural Adaptation Council will deliver the Initiative. More details about the initiative and its application process will be available online.
- The Initiative builds on other previous actions the government has taken to support the sector. These include a \$22-million commitment through the Agri-Tech Innovation Cost-Share Program and the \$10 million Agri-Food Energy Cost Savings Initiative, offered through Sustainable CAP.
- Building the agri-food sector’s growth, capacity and competitiveness was among the priorities set for Sustainable CAP by the federal-provincial-territorial agricultural ministers in [The Guelph Statement](#).
- In 2022, Ontario's agri-food industry contributed \$48.8 billion in gross domestic product (GDP) to the provincial economy, increasing 4.6% from 2021. This represents 6.3% of Ontario’s total GDP.

Quotes

"The Agricultural Adaptation Council is pleased to be delivering the Agri-Tech Innovation Initiative on behalf of the governments of Canada and Ontario. Supporting Ontario businesses to invest in equipment upgrades, automation and new technology will play a key role in helping Ontario's agri-food sector grow and remain competitive into the future."

- Doug Alexander
Board Chair, Agricultural Adaptation Council

Additional Resources

[Sustainable Canadian Agricultural Partnership](#)

[Agriculture and Agri-Food Canada](#)

[Agricultural Adaptation Council](#)

[Ontario Ministry of Agriculture, Food and Rural Affairs](#)

[Grow Ontario](#)

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