

Vibrations

SPRING 2022

Letter from Sherry: ASL

Dear readers,

I'm pleased to present another exciting issue of our client newsletter, Vibrations! This issue features lots of great articles and stories – including everything from the latest tech updates to information about this year's Deafblind Awareness Month celebrations.

I'm most excited to share that this edition features our first client written article by Diane Lodge. Diane is based in Ontario, and has written her article in honour and recognition of Black History Month.

If you are interested in writing a story or article for the next edition of Vibrations, please talk to your intervenor, or send an email to social@deafblindservices.ca. The next newsletter will be produced in the fall, and submissions are due by August 1, 2022.

This year, we've also welcomed several new members to our Board, including Jane Ashford, Kim Leclerc and Natasha Gilani – each of whom is a dedicated advocate for the rights of Canadians who are Deafblind.

Applications to become a National Board Member for DBCS are still open. DBCS clients who are interested in applying to become a Board member should send an email to Emma Halderman at emma.halderman@deafblindservices.ca.

I hope you enjoy this edition of Vibrations as much as I did! Please read on to learn more about what's happening here at DBCS and how you can get involved.

Sincerely,

Sherry Grabrowski

Vice President



CNIB Deafblind Community Services

Black History Month: All About Michaëlle Jean

All About Michaëlle Jean: ASL

By Diane Lodge



February is Black History Month.

Black History Month is about honouring the enormous contributions that Black people have made, and continue to make, in all sectors of society.

In honour of this important awareness month, one of our clients, Diane Lodge, shared her article, “All About Michaëlle Jean.”

Who is Michaëlle Jean?

She is the first Black woman to be the Governor General in Canada. She served in this honourable position from 2005-2010.

Where was she born?

She was born on September 6, 1957, in Port-au-Prince, Haiti.

What barriers did she overcome?

Michaëlle's father was tortured and put in prison by the president of Haiti, Francois Duvalier. He survived, and the Jean family fled to Canada to escape and live a better life. But after a while, Michaëlle's father became distant and violent, and so Michaëlle, her mother and sister fled once again and lived in a basement apartment in the Little Burgundy area of Montreal.

What are some of her accomplishments?

Michaëlle worked as professor, journalist, and in the government. She also worked and supported shelters for women and established a network of shelters for women and children across Canada. She was also involved in some organizations that assisted immigrants coming to Canada.

Why is she important to you?

Michaëlle Jean inspires me in many ways. She was the first Black woman in a high-level position as the Governor General in Canada. Although she was not born here, she served this country passionately as if it were her own. I am inspired as well by her sense of style and love all her eclectic hats and outfits. Michaëlle is an important role model for the Black community and has broken down so many barriers to pave the way for future generations. Michaëlle is also a wonderful example of diversity within our government, which is important to especially recognize during Black History Month. She is a beautiful person inside and out, and someone who will continue to inspire many people for years to come.



About Diane

My name is Dianne Lodge. I am a client of DBCS. I enjoy nature walks, painting clubs, writing, cooking, fitness and reading books.

June is Deafblind Awareness Month

June is Deafblind Awareness Month: ASL

By Tammy Taylor



Last year during the month of June, people across the world participated in yarn bombing in their communities. Yarn bombing is a colourful display of knitted, crocheted, or loomed squares made of yarn.

These squares are then attached together and displayed in the community.

They could be wrapped around a tree, attached to a park bench, hanging on a wall...anywhere! This is a fun activity and people stop and look at the art to learn about Deafblind Awareness.

This year, we're doing it again, and we need your help!

Calling all knitters, crocheters and crafters!

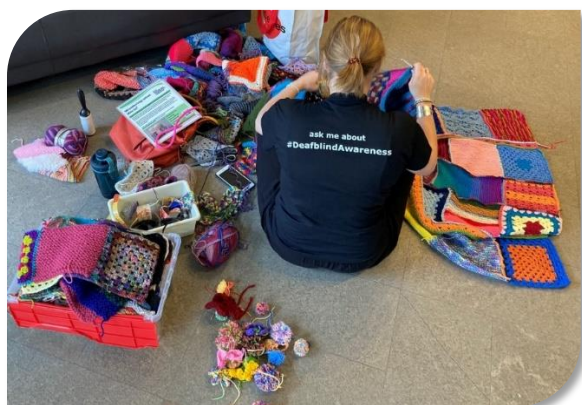
Help make an impact in your community and participate in Deafblind Awareness Month!

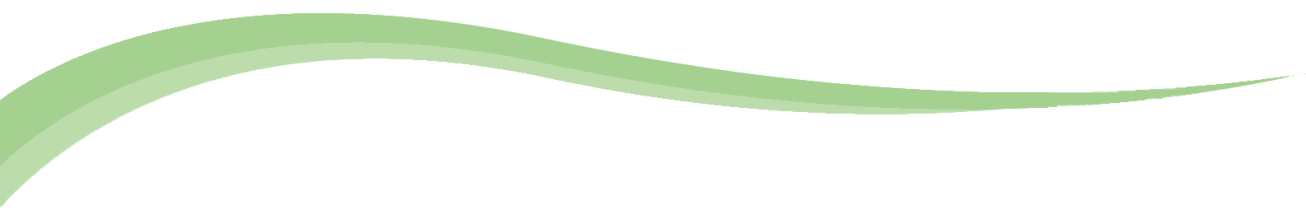
- **Send us knitted or crocheted squares** to help us create yarn bombing installations across Ontario and Saskatchewan.
- **Share this message with people you know!** Anyone can help. Whether you're a knitter, crocheter or just have an old scarf or blanket – we'd love to hear from you.

Please help us spread the word!

If you would like more information, please contact:

- Eastern Ontario
 - Sandra Forbes Sandra.forbes@deafblindservices.ca
- Greater Toronto Area
 - Sarah Darlucio sarah.darlucio@deafblindservices.ca
- Central West Ontario
 - Aislynn Curran Aislynn.curran@deafblindservices.ca
- Southwestern Ontario
 - Christina Lindsay christina.lindsay@deafblindservices.ca
- Saskatchewan
 - Tyler Burgess tyler.burgess@deafblindservices.ca





What's New, DBCS Saskatchewan?

What's New, DBCS Saskatchewan: ASL

By Tyler Burgess

It's hard to believe that it's been almost two years since DBCS established services in Saskatchewan. So many amazing things have happened since then. Here are a few highlights.

In 2020, with the support of the Saskatchewan Ministry of Social Services, DBCS hired their first intervenor. This changed things for Deafblind people in Saskatchewan.

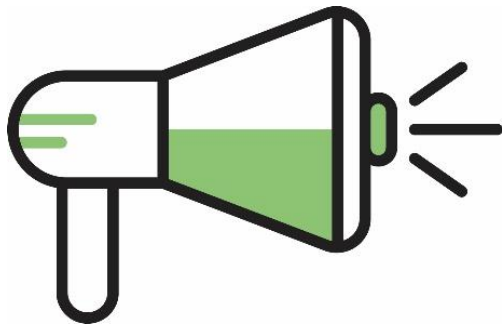
Changes for people who have disabilities in Saskatchewan started to happen in 2015 when the [Saskatchewan Disability Strategy](#) was published by the provincial government. Saskatchewan hopes to become a province that is inclusive, welcoming, responsive, innovative, and accessible so that people who experience disability can live the life they choose." Intervenor services are growing in Saskatchewan. We now have a manager and three intervenors providing services in Regina and Saskatoon.

In June, we will be celebrating Deafblind Awareness Month by spreading awareness across Saskatchewan and continuing to advocate for services across Canada. This year, DBCS Saskatchewan will be participating in yarn bombing as a way to engage with the community and spread awareness! If you'd like to learn more or get involved, send an email to tyler.burgess@deafblindservices.ca

Call for Nominations: the Kerry G. Wadman Service Excellence Award

Kerry Wadman Award: ASL

By Sally Teng



It is award nomination season again! Do you think a DBCS staff member that you've been working with has done an excellent job in providing service and support? Would you like to recognize their efforts?

In celebration of Kerry G. Wadman and his achievements in the field of intervention and within the Deafblind community, DBCS established the **Kerry G. Wadman Service Excellence Award** to recognize staff who demonstrate service excellence and the core values of Respect, Empowerment, Empathy, Teamwork, and Professionalism.

[Learn more about the award](#)

How do I nominate a staff member?

Complete the nomination form online or using the form and send it to your local DBCS regional manager by April 22, 2022.

- [Complete the online form](#)
- [Download the nomination form](#)

Need help? Reach out to your local regional manager with any questions, accommodation requests, or to submit your nomination.

Technology Spotlight:

What are Google Chrome extensions?

Technology Spotlight: ASL

By Carolina Cohoon



Have you ever heard of extensions, and are you curious to learn what extensions are? In this issue, we are excited to introduce a computer tool that may be useful to you called a **Google Chrome Extension**. To get an extension you must have Google Chrome installed. An **extension** is a program that customizes your web browsing experience while surfing on the internet. For example, you can change the appearance of a webpage you are navigating by changing the contrast, fonts, or size of the words on a webpage, or you could get an extension to remove all the ads that often block the view of newspapers.

To download a Chrome extension, ensure you are using a Google Chrome browser. Then, open the link to the [Google Extension web store](https://chrome.google.com/webstore/category/extensions) or type on your browser: <https://chrome.google.com/webstore/category/extensions>.

A list of categories will appear on the left side of the screen. You can select any category, and, on the right, you'll find many different options of extensions to install.

If you wish to learn more about extensions, please find some detailed instructions in English and ASL with large captions: [How to install Chrome Extensions](#), or a [transcript](#). These instructions are for mouse and keyboard users.

In the next newsletter, I will share with you some extensions that we tested by navigating the program with both the mouse and keyboard. If you have any

questions about extensions, please contact a literacy instructor in your area.
Happy browsing!

Emergency Intervenor Services

Emergency Intervenor Services: ASL

Did you know? The Emergency Intervenor Service (EIS) program provides DBCS clients in Ontario with 24/7 access to intervenor support during emergency situations.



Register with EIS

To help save time during emergencies, DBCS clients can register to have your personal information saved in the EIS Database.

When registering, you can also choose to indicate your intervenor preferences (for example, you may prefer working with a particular intervenor who you are familiar with, and who is fluent in your preferred communication method).

To learn more or register contact Janine Tucker at Janine.Tucker@deafblindservices.ca

Welcoming New Staff

Welcoming New Staff: ASL

By Blair Patterson and Akane Ricard



Meet Blair Patterson!

Intervenor, DBCS Toronto

My name is Blair Patterson. I am a new intervenor at CNIB Deafblind Community Services. I am a CODA (a child of deaf adults), as both of my parents are Deaf.

Currently, I work in the School Board system working with a variety of diverse learners, including people who are Deafblind, have low vision, children, and adults with a variety of needs for the last eleven years. I helped facilitate programs that taught functional language and math, communication/social skills, and life skills to help learners become more independent.

I also assisted in running the Bob Rumball Camp of the Deaf for four years. I have attended that camp since I was five years old. In my spare time, I practice Yoga and am a Certified Yoga Teacher. I also enjoy spending time with my two siblings and five nieces and nephews

I am excited to join the DBCS team and am looking forward to connecting with clients across Toronto!

Vibrations Newsletter | Spring 2022



Meet Akane Ricard!

Intervenor, DBCS Saskatchewan

Hello, my name is Akane Ricard, and I recently joined the DBCS family as an Intervenor in Saskatoon, Saskatchewan. I was born and raised in Japan and both my parents are blind. I wanted to expand my world beyond the little island I grew up in. I moved to Canada 15 years ago.

The first few years of being away from my family were tough and it was incredibly hard as I did not know English when I arrived. I was ready to give up and return to a place where I could communicate with others when my mother encouraged me to take a course for fun. I saw an ad for a program that did not require extensive spoken/written English, so I enrolled in American Sign Language and Deaf Studies Program at George Brown College in Toronto.

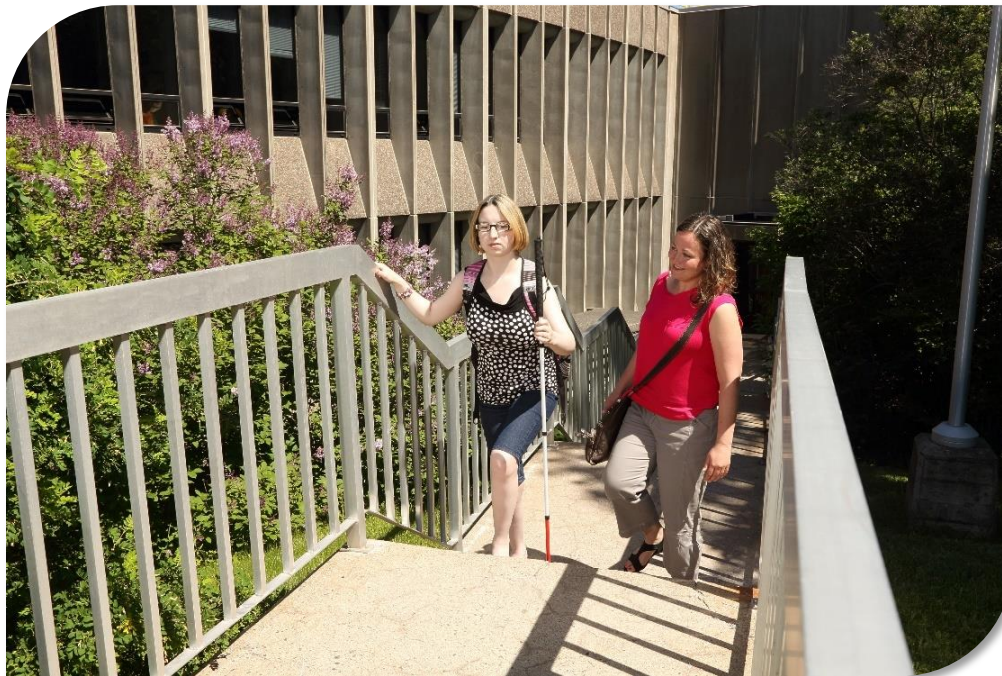
It was there, strangely, English started to make sense to me. It was an interesting experience learning a spoken and written language from a visual language.

I am really looking forward to meeting and working with the Deafblind clients and community members here in Saskatchewan!

VLR Service Spotlight: Orientation and Mobility

Orientation and Mobility: ASL

By Amy Malcho



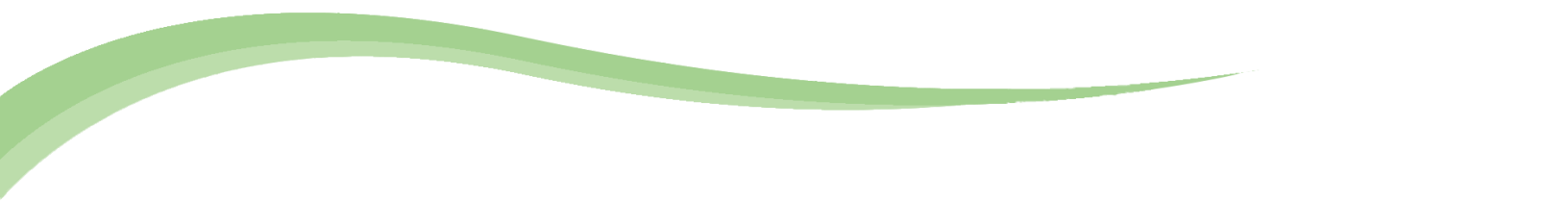
Hello everyone! My name is Amy Malcho, and I am an Orientation & Mobility Apprentice for Vision Loss Rehabilitation (VLR) working in the Southwestern Ontario region.

VLRC provides rehabilitation services to people all over Canada living with vision loss – and some of those services include orientation and mobility!

What is Orientation and Mobility?

While many clients may have already received orientation and mobility training, it's never too late to practice and increase your skills!

Orientation is the ability for an individual to know where they are, where they are going, and how they are going to get there.



Mobility is the ability for an individual to get from one location to another, safely and efficiently. This means that orientation and mobility services help give people the skills they need to feel confident when traveling in their community and homes.

Whether you are considering getting a white cane, are interested in learning a new walking route, would like further knowledge and education on your local transit system, want to gain more confidence in being able to cross the street, orientation and mobility service may be something to consider.

5 Tips to Increase Your Orientation and Mobility Skills

- When another person is guiding you, always make sure you are holding onto the arm of the guide. The guide should always be one step ahead of you to give enough time to react to changes or obstacles where you are walking.
- When approaching someone with a guide dog, do not acknowledge the dog in any way (eye contact, speaking, petting, etc.,) as it distracts the dog from doing its job.
- Some simple ways you can make a house more accessible is removing unnecessary items and anything on the floor you could trip over, such as loose mats.
- If there is a colour that is easier for you to see, you can use that colour of tape to put on objects you have difficulty locating such as a door frame, door handle, etc.
- When describing something to someone with vision loss, use descriptive and directional language such as "on your right" or "at three o'clock" rather than saying "over there".

If you would like more information on orientation and mobility services, please feel free to contact me.

Vibrations

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