

Welcome to the first issue of Vibrations!

Dear readers,

I am very excited to introduce you to the Vibrations newsletter! This newsletter is created just for you, our DBCS clients. The purpose is to give you new and exciting information, tell you about events, and keep you updated on everything that's happening in the DBCS.

What's in a name?

How did we come up with the name "Vibrations"? We were trying to think of a name for the newsletter, and one of our committee members reached out to John Lee Clark, a Deafblind author. John thought of the name "Vibrations" and we loved it.

John says, "Vibrations are an important part of the Deafblind experience. We can feel it when someone is approaching, or when we celebrate,

we would stomp on the floor to create huge vibrations. But there are other meanings, too. Energy, mood, and what lingers with us long after the event, things that we experienced living on in our minds for a long time afterwards."

Thank you, John Lee Clark, for coming up with a great name with such a powerful sentiment behind it.

Wishing Alice Burton a happy retirement

Before we move on to our stories, I'd like to wish Alice Burton a very happy retirement! Though we will miss her greatly, we are thankful for the many years of excellent service she has brought to DBCS.

Many of you may know Alice personally. She has been an important part of the DBCS team for more than 20 years. Alice was part of the first graduating class from the Intervenor for Deafblind Persons Program at George Brown College. She joined the DBCS team as an intervenor in 1998, and became manager of DBCS for the Toronto region two years later.

Through empowering clients to advocate for themselves to building awareness and fostering community partnerships, Alice's tireless work was an integral part of growing DBCS into where we are today.



From all of us at DBCS, thank you, Alice, for your outstanding work over the past 23 years! We wish you all the best in your retirement.

Enjoy your first issue of Vibrations

I hope you enjoy the Vibrations newsletter. Please read on to learn more about what's happening here at DBCS and how you can get involved.

Sincerely,

Sherry Grabowski
Vice President, CNIB Deafblind
Community Services

[Click here to review the ASL video of this message.](#)

What's new with EISP?



Catch up with the Emergency Intervenor Services Program

We asked Janine Tucker, our Provincial Project Coordinator to provide updates on the Emergency Intervenor Services Program (EISP). Here's what she had to say...

“We worked with Canadian Hearing Services (CHS) to develop an emergency communication book for triage at hospitals. This book will be given to emergency departments in hospitals across the province.”

The EISP continues to support clients with medical, mental health, police, or fire-related emergencies. The EISP can be called if a member of the client's immediate family has an emergency and the client wants access to information and/or to be with that family member. Also, if a client has a guide dog and the dog needs emergency care, the client can request an intervenor.

Changes during COVID-19

Our call centre, AnswerPlus, will ask screening questions to help the intervenor who may be called, so they can be prepared if the client has COVID-19 symptoms.

Intervenors are “essential workers”. With the new restrictions, some hospitals are very strict and have a rule that no one is allowed in with a patient. We will explain our role and explain that an intervenor is an essential worker and it's the client's right to have an intervenor there for communication and to provide information. This is the law under the AODA.

Reminders

MedicAlert is available. DBCS will pay for membership and pendants. Ask your intervenor how you can sign up or email Janine for more info.

Text911 is available if you are non-verbal. You must register with your cellular provider before you can use the text to connect with 911. Check out the website at textwith911.ca.

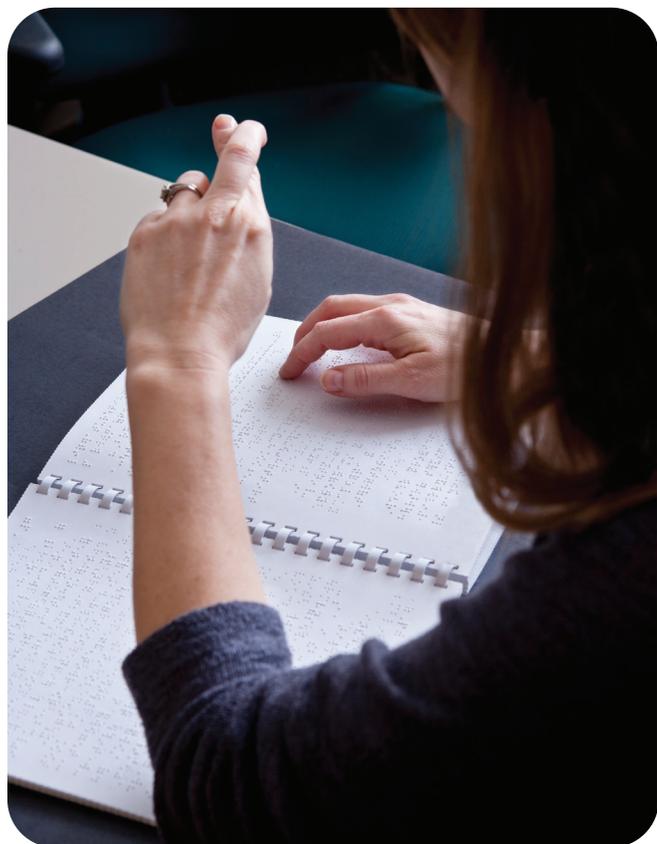
If you have questions about the EISP program, contact Janine Tucker at janine.tucker@deafblindservices.ca.

Click here to review the ASL video of this message.

Ian's story

Climbing the literacy ladder

“Using an elementary school example, when I got the iPhone I was in kindergarten, with the literacy program I am now at grade 7. I am fairly knowledgeable and able to use the phone much better.”



“Without the literacy program I would be in grade 2. I would be at a beginner level for a long time... The literacy program points you in the right direction to use the phone better. If I did not have the literacy program to learn the iPhone, I would take longer to learn it through trial and error.

The work I received helped me develop my skills. The program is like a literacy ladder, you start not knowing much and you get the tools to learn and get better. The literacy program exposes tools that are not obvious to the learner...

At the beginning of the pandemic, we were faced with two choices, either quit the program or change the lessons to over the phone. We were able to

accomplish this over the phone using smartphones and a landline. Both myself and the teacher were able to hear what was going on as if we were in the same room.”

- Ian, DBCS learner from Hamilton, Ontario

[Click here to review the ASL video of this message.](#)



Est. 1961

Lake Joe celebrates its 60th anniversary

Experience the fun and accessibility of CNIB's Lake Joseph Centre

This year, CNIB's Lake Joseph Centre, known as "Lake Joe", is celebrating its 60th anniversary!

Since 1961, Lake Joe has provided unique camp experiences for Canadians who are blind, partially sighted, or Deafblind, as well as their families. Lake Joe is in Ontario, about an hour north of Toronto, located on an accessible lakefront property in the beautiful Muskoka region.

Due to COVID restrictions across the province, the Lake Joe management team is currently waiting for direction from the government on whether they will be able to run in person programming this summer. Virtual programs will continue to run as scheduled.

Visit cnib.ca/lakejoe for more information about virtual and in-person programs for the summer of 2021.

Click here to review the ASL video of this message.



Eating well

Tips for a healthy diet and healthy mind

Eating well is fundamental to good health. It's well known that a healthy diet helps us stay in shape and reduce our risk of diabetes, high blood pressure, heart disease, and other conditions. But did you know that our diet habits also have a powerful effect on our brain health?

Based on studies of adults over 50 who changed to a brain-healthy diet, these benefits are found:

- After four months of eating well, participants performed as if they were nine years younger on tests of reading and writing speed.
- After four years of eating well, they did not experience any memory loss.

It is proven that eating healthy food is associated with a lower risk of developing cognitive impairment and Alzheimer's disease. To help the brain, instead of focusing on one specific "superfood" for brain health, scientists recommend diet balance, moderation, and variety.



What foods are good for brain health?



Raw leafy greens (lettuce, spinach, mixed greens, kale, cabbage, etc.)



Cruciferous vegetables (broccoli, cauliflower, Brussels sprouts, etc.)



Colourful fruits and vegetables



Healthy fats (olive oil, nuts, fish, etc.)



Low-fat dairy products (milk, yogurt, etc.)



Whole grains (like whole wheat or whole grain bread)



Water or unsweetened beverages

What foods should we limit?



Red and processed meat (beef, pork, lamb, liver, sausages, hot dogs, etc.)



Pre-packaged foods and meals (canned soup, instant noodles, frozen appetizers, etc.)



Potato chips, fries, pretzels, or other salty snacks and fried food



Store-bought dairy desserts (ice cream, pudding, custard, etc.)



Baked goods (cookies, muffins, donuts, cakes, pies, etc.)



Candy and chocolate



Pop, sweetened fruit juice, or any other sugary drink

When it comes to eating, we all have strong habits. But it doesn't mean your diet pattern is unchangeable. Try something new! Good meals can mean maintaining a healthy brain and strong memories!

Resources

Dietitians of Canada | www.cookspiration.com

EatRight Ontario | www.eatrightontario.ca

Alzheimer Society of Canada | www.alzheimer.ca

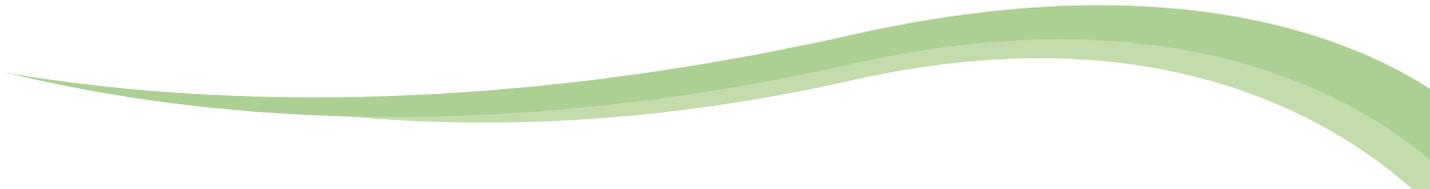
[Click here to review the ASL video of this message.](#)



National Deafblind Awareness Month

Global Yarn Bombing

June is Deafblind Awareness Month (DBAM)! Join us by helping raise awareness about Deafblindness and help us continue to advocate for appropriate services.



Last year, Deafblind International (DBI) shared their plans for DBAM 2021 as a global yarn bombing campaign. This is an exciting and creative way to engage members of the Deafblind community in a large tactile art project.

These pieces of art will be made all around the world by people who are Deafblind, as well as their families and friends, advocates, Intervenors, Interpreters, and others in the field.

Knit, crocheted, or woven squares will be joined together to cover a community space or object - meant to show the coming together of people in the field.

Each yarn bombing will have signs for members of the public explaining the project and how to get involved.

Deafblind Awareness Month T-Shirts

Deafblind Awareness Month T-Shirts have been ordered!

We encourage all staff and clients to wear their shirts in June and be willing to talk to people in the community. The shirts will be black with white text that says, “Ask me about #DeafblindAwareness”. The hashtag will be used for social media throughout the month.

For more information or to get involved, please contact:

vanessa.may@deafblindservices.ca
416-486-2500 ext. 8285

[Click here to review the ASL video of this message.](#)



CNIB
DEAFBLIND
COMMUNITY
SERVICES

deafblindservices.ca
info@deafblindservices.ca
1-855-862-6001