

# Vibrations

FALL 2021

**CNIB**  
**DEAFBLIND**  
**COMMUNITY**  
**SERVICES**

## Letter from Sherry in ASL

Dear readers,

I hope you had a safe and enjoyable summer – it is truly hard to believe that it has already come to an end.

As we approach the end of the year, I'd like to take a moment to reflect on another incredible year for DBCS and our community. This year, we participated in our most successful awareness campaign to date – spreading Deafblind awareness and educating millions of Canadians from coast to coast – and I couldn't be more pleased.

It has been extremely encouraging to watch businesses, events and activities continue to open up across the provinces. As an organization, we are so excited and happy to get back to providing you with the services that you chose and have come to expect from DBCS.

Soon enough, we'll be welcoming cooler weather – and with that, I'd like to share the fall edition of Vibrations!

I hope you enjoy this latest edition. 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



**Meet Trevor Hinds in ASL**

## **Meet Trevor Hinds**

### **A message from the National Director of Program Operations**

As part of DBCS' strategic mandate, we are looking to advocate and expand the services that are available across the country. I am excited and honoured to join DBCS in the role of National Director of Program Operations with the goal of facilitating this growth across the country.

This new role will help to gather and develop practices that have helped Ontario succeed in providing services, and then use those practices to create structure for new service areas to grow. It will examine what has worked and what has been a struggle within service delivery. This work will help our new offices grow without having to go through the tough learning, which we as an organization have been through over many decades. But this doesn't mean that our provincial team is finished learning and growing. The role of the National Director of Program Operations is meant to help support the continued growth of our team in consistently meeting the needs of our clients in new and creative ways.

I look forward to working with each of you, learning from your experiences and working together to build an organization that is always on the cutting edge of service. We have an opportunity to share these skills, ideas and processes to help shape how Canadians who are Deafblind are supported throughout the country. This is a responsibility I accept passionately with each of you. I look forward to connecting with you along this journey.

#### **Trevor Hinds**

National Director of Program Operations

**Kerry Wadman Award in ASL**

# Kerry Wadman Award

**Congratulations to Cheri-Leigh Fowlow, 2021 recipient of the Kerry G. Wadman Service Excellence Award!**

This annual award is presented to CNIB Deafblind Community Services staff who consistently demonstrate the core values of respect, empowerment, empathy, teamwork and professionalism.



**Congratulations,  
Cheri-Leigh!**

**Kerry G. Wadman Service Excellence Award recipient**

**CNIB  
DEAFBLIND  
COMMUNITY  
SERVICES**

[icanchoose.ca/awards](https://icanchoose.ca/awards)



June is National Deafblind Awareness Month in ASL

# June is National Deafblind Awareness Month

This year, for National Deafblind Awareness Month, DBCS embarked on its most ambitious campaign to date – “I Can Choose.”

June is National

**Deafblind  
Awareness  
Month**

**CNIB  
DEAFBLIND  
COMMUNITY  
SERVICES**



This national marketing campaign focused on sharing stories from members of the Deafblind community in an effort to spread awareness about Deafblindness and DBCS' services. With this campaign, we were able to reach millions of people through media appearances on TV and in newspapers.

If you are interested in learning more about the digital campaign, you can visit [icanchoose.ca](http://icanchoose.ca) to learn more.

The community also celebrated several other exciting milestones, including Saskatchewan officially proclaiming June as Deafblind Awareness Month!

Continued on next page...

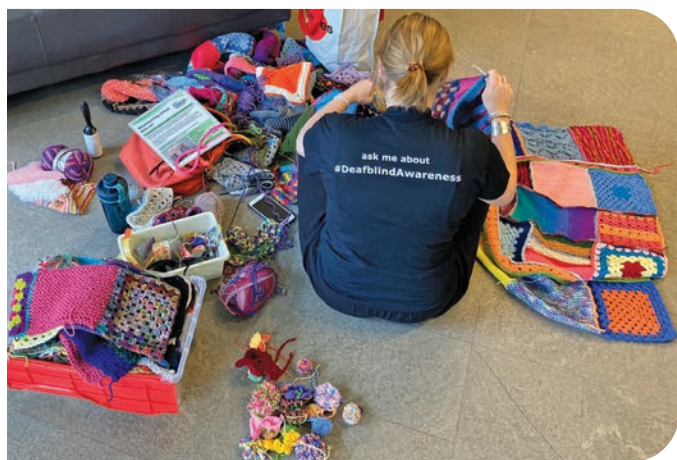
## Yarn bombing for #DeafblindAwareness

Alongside this marketing campaign, clients from across Ontario came together to participate in the global yarn bombing project. By the end of the campaign, 21 unique monuments and locations had been yarn bombed by staff, clients and volunteers in eight cities!

Now that Deafblind Awareness Month is over, you might be asking yourself...what are we going to do with all this yarn?!

DBCS will be recycling the yarn - many of the squares will be repurposed into blankets for people in need or donated to animal shelters.

Finally, DBCS would like to thank everyone who participated this year. You helped make this year's Deafblind Awareness Month a huge success. We're already starting to make plans for next year - and we can't wait to share them with you!



Have you heard about CNIB's Come to Work program? in ASL

# Have you heard about CNIB's Come to Work program?



**CNIB**  
**COME**  
**TO WORK**

The Come to Work program isn't your typical job development or job placement program. Come to Work is truly about building people up.

This important program connects people who are Deafblind, blind or partially sighted with employers who want to discover the full potential of Canada's talent.

## The Come to Work program:

- Offers job-readiness workshops and technology training
- Works with employers to create full-time, part-time and contract opportunities
- Improves skills and experiences through paid internships to help to return to work
- Offers professional development through mentorships

## Interested in learning more?

- Visit: [cnib.ca/work](https://cnib.ca/work)
- Call: **1-800-563-2642 ext. 7573**
- Email: [cometowork@cnib.ca](mailto:cometowork@cnib.ca)

# Literacy Spotlight: Technology and Fitness

Hello everyone! I am writing from our forest city in London, Ontario and I am truly glad to share a message on behalf of the Literacy Department!



**Hi everyone!** My name is Carolina Cohoon, and I am one of DBCS' Literacy instructors covering the Southwestern region in Ontario. Those who know me know that I am a technology and fitness nerd! For this newsletter, I thought I would share some great resources for clients who may be interested in learning more about these topics.

---

## Staying active with accessible yoga

The DBCS Literacy team has been hard at work producing some exciting new resources. The first of these is a website that provides accessible, inclusive instructions on several yoga routines.

The routines are designed to be low impact and are suitable for beginners and intermediate participants. The instructional videos are available in English with ASL interpretation. Participants can also access a written transcript.

Interested in trying the routines?  
Visit <https://sites.google.com/view/deafblind-wellness/home>



Continued on next page...

# Literacy Spotlight: cont'd



## Enabling captions on Google Chrome

Did you know Google Chrome offers free captions? You can turn on live captioning right from your browser - that way, no matter what website you're browsing, captions will already be enabled.

To turn on live captions in Google Chrome, follow these steps:

1. Open the Google Chrome browser.
2. Open the Chrome settings by first selecting the three vertical dots icon on the top right of Chrome. A menu with several options will appear. Select "**Settings**."
3. In the left side bar of the settings select "Advanced," and then select "**Accessibility**." A menu will appear on the right side. Toggle the "**Live Captions**" button which is the first item on the menu.
4. To test it, open any website and find a video and select "**Play**." You'll see the live captions show up automatically.

**NOTE:** A musical note will appear next to the puzzle piece on the top right of the screen (on the right-hand side of your browser). When you select this icon, a menu will appear. On the bottom, you'll find "**Live Captions (English only)**." Simply toggle this button to turn this feature on and off.

If you have any questions, please contact your local Literacy instructors.



# Seasonal Recipe: Baked Pears with Walnuts and Honey

This easy dish made with just four ingredients is perfect for breakfast or dessert!



## Ingredients:

- 2 large ripe pears
- 1/4 tsp ground cinnamon
- 2 tsp honey
- 1/4 cup crushed walnuts
- Optional yogurt or frozen yogurt

## Instructions:

- Preheat the oven to 350F.
- Cut the pears in half and place on a baking sheet (you can cut a sliver off the other end so they sit upright).
- Using a measuring spoon or melon baller, scoop out the seeds.
- Sprinkle with cinnamon, top with walnuts and drizzle 1/2 teaspoon honey over each one.
- Bake in the oven for 30 minutes. Remove, let cool and enjoy!

**Serving:** 1/2 pear, Calories: 110.5kcal, Carbohydrates: 17g, Protein: 1.5g, Fat: 5g, Fiber: 3g, Sugar: 12g

## This recipe is:

- Gluten Free
- Kid Friendly
- Under 30 Minutes

## Vibrations Community Spotlight:



### George's story

“Hi, my name is George, and I have been receiving intervention services from DBCS for over 14 years. I use my intervention time for social get-togethers, medical appointments and to run my daily errands. I use voice as my communication method with the assistance of a braille display connected to my iPhone. My intervenors provide me with the valuable information around me.”

## Meet Merico Tesolin:

### **Advisor, Client Relations and Advocacy**

My name is Merico Tesolin and I am very pleased to have joined the DBCS team in September 2020 in the role of Advisor, Client Relations and Advocacy. I have been involved with DBCS as a client, volunteer and staff member since 2003.



Continued on next page...

# Meet Merico : cont'd

In 2009, I moved from London, Ontario to Edmonton, Alberta. In 2013, I started working with the CNIB Foundation in Edmonton, first in fundraising and then in public awareness, to provide education about CNIB's programs and services. In the summer of 2020, I moved back to Ontario and am currently living in Toronto.

I have been involved in advocacy for Deafblind people for many years. I learned a lot about advocacy while living in Western Canada. In fact, I was one of the co-founders of the Alberta Society of the Deaf Blind (ASDB), which provided advocacy for Deafblind individuals in Alberta. Through this advocacy work, we received funding to hire Support Service Providers (Intervenors) for two years.

In my role, I have been working with DBCS clients across the province of Ontario and assisting Deafblind individuals with their advocacy needs. I have developed an anonymous client service satisfaction survey to help us better understand how we can best support you.

Through this work, I hope to empower Deafblind people through education and advocacy. But rather than doing this “for” you, I will do it “with” you. I want to take a moment to make a promise to you. I will listen to your situation, and then together, we will discuss what your options are. I will go through everything with you, step by step, not only advocating with you, but teaching you how to advocate for yourself.

If you are looking for advocacy support, I encourage you to reach out right away - whether you're experiencing barriers in accessing places, barriers with landlords, or if you're facing other types of discrimination. If you want to set up a time to meet in person or on a video call, please feel free to contact me to request a meeting.

My contact information is:

- Text message: **416-930-1662**
- Email: **merico.tesolin@deafblindservices.ca**

Continued on next page...

# All About the Ambassador Program

## What's the purpose of the Ambassador Program?

The DBCS Ambassador Program promotes social inclusion by raising awareness, changing perceptions and inspiring actions.

## Who can become a DBCS ambassador?

Ambassadors are individuals who are Deafblind and have benefited from DBCS programs and services.

## What do ambassadors do?

Our ambassadors will make an impact by sharing their challenges and successes of living with Deafblindness, and giving presentations on the needs, experiences and issues faced by people who are Deafblind.

## Who will ambassadors speak to?

Ambassadors will speak to seniors' groups, elementary schools, high schools, college and university students, community groups, corporate groups, event attendees and healthcare professionals.

## Where and when will ambassadors conduct presentations/speeches?

A presentation's date, time and location will be finalized with the host, based on geography, mutual availability and the availability of intervenors and/or interpreters. Ambassador presentations may happen on weekdays, evenings or weekends. Many of these presentations will also happen virtually.

## Will ambassadors receive any training?

Yes. Ambassadors will have the opportunity to receive training on a wide variety of subjects, including technology. The Advisor, Client Relations and Advocacy will help coordinate training that will compliment the ambassador's strengths and provide support in areas where they would like to develop their skills.

## I'm interested in becoming an ambassador. How do I get started?

If you are interested in becoming an ambassador for DBCS, or would like further information, please contact Merico Tesolin, Advisor, Client Relations and Advocacy, at:

- Text message: **416-930-1662**
- Email: **merico.tesolin@deafblindservices.ca**



**CNIB**  
**DEAFBLIND**  
**COMMUNITY**  
**SERVICES**

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



@CNIBDeafblindServices



@ CNIB\_DBCS