

NEWSLETTER

MAY 2018



Spring Edition



CLAY TREE STAFF 2018



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ClayTreeED

Welcome to the early summer edition of the Clay Tree newsletter, how nice to be writing this and the sun to be shining, that was a long winter.

However, even though the days were short and cold Clay Tree participants have had a wonderful start to the year, with the Extreme Sports Group and SAGE (please see separate articles) not to mention Lifeskills surpassing themselves and many new interest groups such as "Skool of Rocks" and Cultural Diversity, the established groups like Science Experiments, Mind Body and Soul and all the others just seem to be getting better as the months progress. Please keep updated with our Facebook page for all recent outings, activities and events.



The big news was that the wheelchair van has now been paid off thanks to the wonderful effort of the Gala team and a generous donation by the Rogers Foundation, this is such a nice addition to our fleet and so useful.

The newsletter is now going to be coming out 3 or 4 times each year and we are hoping that the groups will rotate the articles so in the year you will get to see and hear about what each one is doing, of course Susan is putting lots of photos and articles out on Facebook as well as in the newsletter.

Darryl has been working with the new SAGE group and helping to set that up with Brenda Booth so don't forget if you are a family member or caregiver you can always contact Rachel Pearsall on extension, 2, for any queries and Craig will always be willing to make an appointment for you with any of the admin team. This will always be at a time convenient to yourself as we are open most evenings and weekends now.



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Connections is open every Saturday until the end of August and for \$5 the clients can arrive from 10.00a.m until 3.00p.m. and get a lovely hot lunch, this has to be booked as it is not a drop in but the clients do not have to be Clay Tree daytime participants to be able to attend Connections and just for you to note Handy Dart is still available on a Saturday if you would like to take advantage of that service.

The big news for all of you is to take note that we will not be closed during August this year, we will be taking slightly longer at the end of the year but it means that our participants actually get 2 days extra service, of course if you have already booked holidays for the August break we fully understand but we are going to trial this idea this year and see how it goes. All of the closures are at the end of the newsletter if you can please take note of them.

All that is left is for me to wish you a wonderful summer and we hope to see you soon at Clay Tree.

Kind Regards

Glenys Patmore
Executive Director

A handwritten signature in black ink that reads "Glenys".





Introduction to SAGE

We are thrilled to introduce to you our latest program, SAGE (Seniors Aging with Grace and Enthusiasm).

This program was formulated to take into account some of our senior population and offering them a variety of activities to assist them to maintain their current skills and abilities. The environment is bright and relaxed with supports in place to ensure whatever needs are required will be available.



We are hoping in the near future to be able to expand this wonderful venture to some of the older population in Nanaimo and have a fully inclusive program. We have researched and had in depth discussions with participants, managers, program staff and family members and believe this is going to make a huge difference in the lives of the people we support.

The program has been headed by Brenda Booth and Darryl Racine and even though it has only been in operation for one month, here are just a few of the highlights.



Introduction to SAGE

Chair Exercises: Stretching and the importance of maintaining flexibility. This is incorporated with breathing exercises and a bit of sound meditation.

St. Andrews Community Gathering: Socializing with visitors at the church. There is an art instructor, live entertainment both with instruments and singers and dancing is encouraged.

Stitch and Chat: Margaret Modlinska volunteers on Tuesdays to show participants how to cut fabric and stitch. The newest project is making a denim carpet

Picasso People: An art session where creativity and imagination is explored and encouraged. Using pieces of wood, tile, string, plastic, paint, stickers, etc. participants will create their own unique figures that will radiate whimsy and personality

Hot lunch on Fridays: Although the program does not have an oven, we've been very creative with a crockpot and electric frying pan. Meals have included soup and a sandwich, vegetarian chili and a tuna/mushroom pasta casserole. We will be incorporating some international dishes into our menu.

This month we are including, literacy, animal therapy, gardening, a touch of history, to name but a few.

The participants and staff are just thrilled to be a part of yet another milestone for Clay Tree

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Interest Group: SAGE



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Butterfly Ball 03 March 2018



Thank you to everyone that attended and supported our Butterfly Ball Gala event.

The Gala Committee did a fabulous job and everyone attending had a great evening.



Wellington Secondary School

Jazz Band



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Butterfly Ball 03 March 2018



Thank you Jason & Artez Photography for donating your time and services for our Gala!

We are grateful!

www.artezphoto.com
250-668-7764



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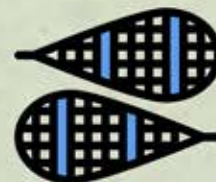
Winter Sports: Mt. Washington

The Winter Sports Group trip to Mt. Washington was a complete success!

Every participant attending participated in all of the winter sports events.



Congratulations
on a job well
done!



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Winter Sports: Mt. Washington



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Clay Tree Society Service Pins

5 Year Pins



Glen M.



Jimmy Mc.



Ruth Mc.



Dustin H.

10 Year Pins



Michael J.



David P.



Lacey H.

15 Year Pins



Ed G.



Dan G.





Clay Tree Society Service Pins

20 Year Pins



Pat P.



Karen H.



Kathleen H.

30 Year Pins



Janice M.



Richard C.

35 Year Pins



Myrna A.





Connections

Three years already - can you imagine? Yes, that is how long the after-hours program has been operating at Clay Tree. During the week from 3:00 until 6:00 individuals from our society, other agencies, and even local schools have the opportunity to participate in fun, engaging and entertaining activities with their peers. Discussion groups, art projects, crafts, dancing, informative Youtube videos, and story telling are just a few of the activities offered by Connections.

We are pleased to announce that we are once again providing a weekend Connections every Saturday from 10:00 until 3:00 p.m. until August 25. There is a \$5 drop-in fee which includes a hearty lunch and any supplies necessary for the activity. Registration is required to ensure we know who is coming and that there will be enough food for everyone.

Please contact reception should you wish to try Connections as a guest either during the week or on a Saturday. As well, if Clay Tree can provide anyone with additional information, we would be more than happy to do that.

Lastly, Clay Tree wishes to extend thanks to Tim, Valerie, Margaret M., Kat and George for their dedication and enthusiasm. Connections are about people and ideas - and with that, the world becomes a bigger place.

The Connections Program tomato fundraiser thru Dancing Frog Farm was a huge success this year. With your help we were able to raise over \$1,000 dollars. We expect delivery of the orders the last week of May to the first week of June.

You will be contacted when your order is ready for pickup.





Cultural Diversity

This is the third time we are doing the Cultural Diversity interest group. Cultural Diversity is a fairly popular interest group because the numbers of the participants were always over 20. The first time we met we discovered the participants' backgrounds from their names to cultural differences and we are planning to learn their background country.

The first session, we visited The Hungarian Cultural Centre, and second the session we had a special guest, Linda Lobello who made a presentation about her Indian trip. The last class we usually celebrate the participants and giving them a certificate and a bookmark with their name in different languages. I think this is a very important group because you need to know your own culture and you need to understand others. Those who work or live around people from other cultures understand the importance of learning about the differences surrounding them. ...



Cultural diversity is important because our country, workplaces, and schools increasingly consist of various cultural, racial, and ethnic groups. We can learn from one another, but first we must have a level of understanding about each other in order to facilitate collaboration and cooperation. Culture is a strong part of people's lives. It influences their views, their values, their humor, their hopes, their loyalties, and their worries and fears. So when you are working with people and building relationships with them, it helps to have some perspective and understanding of their cultures.

Diversity has played an important role in Canada's formative history.



Animal Husbandry

The Animal Husbandry curriculum is loosely based on the published education program of the SPCA. We have had an SPCA staff and dog come to Clay Tree to teach a “Bite Free” lesson and we will visit their new facility. We learn all about chickens and egg development – the different between free run, free range and caged and live chicks are coming to visit! We learn about cat overpopulation, feral cats, and the solutions for these. We visited a local Hobby Farm with goats, large and miniature horses. We visited a dog kennel in Duncan, learning about different ways people earn money through Animal Husbandry. We are going to visit the dog pound in May and we had Christina Gilles come to do a demonstration with her dog Enzo on “Disc Dog” and “Nose” work. More fun and learning to come!





Life Skills

Over the past 4 1/2 years Clay Tree has offered a Life Skills program which offers a new approach to skill development and ongoing training for future volunteer and paid employment. The participants attending the course receive a full day of instruction on topics that are necessary for a semi independent life style.



Programming includes food production and preservation, basic healthy daily meals, housekeeping, laundry, money management and manners. From the comments received from participants and families these classes are a great success as all programs are full and everyone is engaged.



We are now offering a sewing program that has been very successful. This class is open to all and covers many topics such as sewing on a button, repairing a hem, creating useful items for home. The newest project will be taking an item in need of repair and making it useful again.





Life Skills

At the end of each course the participants prepare a celebration to show their excitement. This year we had a formal tea in Life Skills and a fashion show for the sewing group. We invited guests from the community to attend and everyone enjoyed their time.

The goal in Life Skills is to develop programming that creates success and fun as well.





Groom & Polish

In Groom and Polish we discuss hygiene routines and how to polish our appearance for everyday life as well as for possible job opportunities and special occasions. The ladies in the group have fun practicing different hairstyles and makeup looks with each other.

Our shoe polishing day has been a huge success, learning old fashion shoe polishing techniques and cleaning and polishing eachothers shoes.

Participants enjoy interacting with one another, sharing ideas and trends while learning in an exciting environment!



Sign Language

We have two sign language classes a week, we are learning the lyrics to quite a few songs that include: True Colours, Happy Together, Stand by Me, Girls Just Want to Have Fun, Wonderful World, Big Spender, Eight Days a Week, Happy Feet and O Canada. We are also learning the alphabet, activities, daily life and anything else that happens to come up.

This is an active group with great participation.



Participants Signing
"Clay Tree"



S'Kool of Rocks

S'KOOL OF ROCKS.... A new interest group at Clay Tree. Our group focuses on the history of the earth and how it was formed. We discuss the three (3) types of rock and their differences. We are learning about the local coal mining history. We have lots of outing planned: the Nanaimo museum, Morden Mine Park, Horn Lake Caves, Craigdarroch Castle, and China Creek to name a few.



GOLD yes Gold, we are learning the art of gold panning. Learning where it can be found and trying to strike it rich or at least get the **GOLD FEVER!** We will be joined by a very special guest Yukon Dan. He will be teaching all of Clay Tree how to gold pan. He will also teach about the BC Yukon gold rush and what happened to the miners, their families and the gold they found. Yukon Dan is sought after all over the world and we are very lucky to have him to stop in and give Clay Tree a visit. So far, the individuals that are part of S'Kool of Rocks are very eager to learn and seem to want more. They are the reason this group is so great.

Keep on ROCKIN!





Closures:

Monday - May 21, 2018 - Victoria Day

Monday - July 2, 2018 - Canada Day

Monday - August 6, 2018 - BC Day

Monday - September 3, 2018 - Labour Day

Monday - October 8, 2018 - Thanksgiving

Monday - November 12, 2018 - Remembrance Day

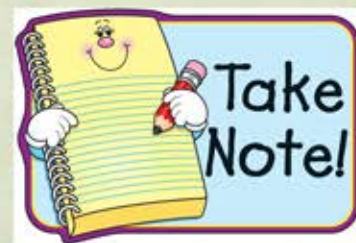
Thursday - December 20, 2018 - Last day for Participants

Friday - December 21, 2018 to Sunday January 06, 2018 - Holiday Closure

Monday - January 07, 2019 - First day for Participants

Reminder:

Clay Tree will not be closed August 7-10, 2018. Regular programs and interest groups will be available during that week.



Clay Tree holiday closure will be at the end of the year. December 21, 2018 to January 06, 2019.

