



# SUMMER 2023 NEWSLETTER



Clay Tree's Founding Member Cathy Armstrong celebrated her 100th Birthday on May 6th, 2023 at Saint Pauls Lutheran church. A festive celebration for a lovely lady that started Clay Tree Society 66 years ago!!

# Staff Professional Development Day

Clay Tree Society hosted a staff professional development day on Tuesday, May 30th.

The day featured a wide variety of learning. Some of the training topics included: Incident Reporting, Cyber Security, and Preventing Slips, Trips, and Falls.

Additionally, Kat prepared a presentation on "Building Resilience in the Workplace", which explored concepts from the field of Positive Psychology to help improve staff's ability to cope with challenging situations.

Executive Director, Jennifer Fowler, also presented the strategic planning that the new board of directors have been working on over the past few months. Included in this was looking at the Society's updated vision and mission statements, as well as the goals that the board has set for Clay Tree over the next five years. Most excitingly of all, Jennifer provided staff with a sneak-peek at Sharevision. Sharevision is a digital client data management system that we will be implementing in the next few months.

This new system will allow Clay Tree's staff the ability to efficiently track client information and monitor participant progress. We are very excited to start using Sharevision and implementing everything we have learned.



A huge thank you to Marilyn Sullivan from the Autism Society, Central Vancouver Island (ASCVI)

<https://www.autismsocietycvi.ca/> for coming to our staff in-service training day to engage us in more learning about how to support our participants with autism. Did you know that ASCVI has a lending library? It is located at Volunteer Nanaimo on Barons Road. They have over 250 books for children to read, DVD's, games, books of learning and many books to help parents, teachers, siblings etc..



# Helping Our People Excel



HOPE Council comprises participants who serve as a representative from each program.

Chelsea Chartier (Clay Tree Receptionist) is very proud to be a part of the Council to oversee and organize the meetings. HOPE Council meetings take place on the first and third Fridays of each month, where both new and old business is discussed. During this time, our council members are excited to be the first to learn about exciting developments within our society. The Council also dedicates time to discuss ideas for interest groups, explore potential fundraising opportunities and share any concerns they may have.

The goal of Hope Council is to "Help Our People Excel" by inspiring all of their peers at Clay Tree to feel valued and empowered. The Council looks forward to celebrating birthdays and special occasions by issuing greeting cards given by the HOPE Council. Speaking of special occasions, the HOPE Council always look forward to the tradition of organizing and issuing service pins to celebrate the years at Clay Tree Society. Stay tuned for further updates about HOPE council!

**CONGRATULATIONS**



# EXCITING NEWS!

On June 9th, 2023 Program Manager, Am Abernethy celebrated completion of the LVI program. What is LVI? Leadership Vancouver Island is a community-focused grassroots leadership development program that aims to inspire and build capacity for outstanding leadership, learning and service. With a mission of delivering transformational personal and professional development experiences, Leadership Vancouver Island has evolved into a highly regarded and uniquely effective leadership training program that caters to aspiring and practicing leaders of all backgrounds and experience levels. Designed specifically for adult learners, the LVI program provides valuable opportunities for participants to practice and intergrate new learning in a safe, supportive group environment while still challenging even the most experienced managers and communicators.



## COMMUNITY SUPPORT WORKERS

Please submit your resume with letter of intent to the attention of Jennifer Fowler, Executive Director [Jennifer.Fowler@claytree.ca](mailto:Jennifer.Fowler@claytree.ca)

Position requires union membership.



# Join Us!



*Opera*  
NANAIMO



**HOLD THE DATE**

# Voices

**IN THE  
COMMUNITY**

*Something New  
& Exciting!!!*

**FEATURING  
LIGHT OPERA, MUSICAL THEATRE AND  
CONTEMPORARY FAVOURITES**

**SEPT 10, 2PM**

**WHERE: CLAY TREE SOCIETY'S  
GARDEN AREA**

**838 OLD VICTORIA RD,  
NANAIMO**

**TICKETS:  
STAY TUNED FOR MORE INFORMATION**

**CLAY TREE IS PROUD TO BE PARTNERING WITH  
NANAIMO OPERA TO BRING THIS EVENT  
TO THE COMMUNITY**

**ARTISAN MARKET  
SILENT AUCTION**



**Would you like to be a part of the Artisan market and  
reserve a table to display and sell your works of art?  
Reserved tables are \$20.00 Please contact  
Susan Easter at 250-753-5322 ext 3 for more information.  
Deadline to reserve your table is Monday, August 28th, 2023.**





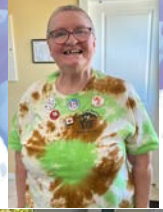
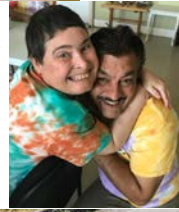
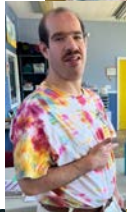
**Congratulations to Brandon on completing his goal of making blueberry pancakes! Brandon did a perfect job making each blueberry pancake the same size and cooked to a golden brown colour! A delicious goal! WELL DONE!**



# MINI GOLF GOAL

**Chris planned a group outing with his peers to play mini golf at Riptide Lagoon in Parksville. Congratulations to Chris! Everyone had a wonderful time and Chris was so happy to complete his goal while having fun with all of the purple room participants.**







**CLAY TREE ANNUAL GENERAL MEETING**  
**Wednesday - September 20th, 2023**  
**at Clay Tree Society 5:30-7:00 p.m.**



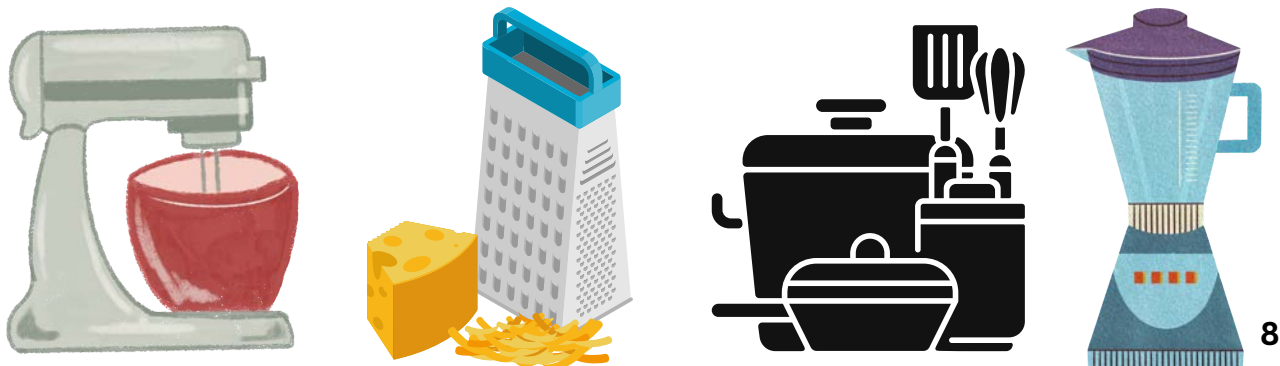
## **TO RENEW YOUR CLAY TREE MEMBERSHIP**

**All members must have renewed their membership 30 days prior to the Annual General Meeting in order to vote. If you have not renewed your membership please contact Chelsea at the Reception desk (250-753-5322 ext 0) to update your membership or to become a new member.**



## **Donation Request PLEASE**

We are reaching out to our Clay Tree community to request donations to help us get items needed for the kitchen. We would love to purchase an industrial KitchenAid mixer and various items needed to support our hot lunch program that has been running over the past couple of months. The participants and staff are really enjoying the weekly hot lunch that has been served and could really use your help to keep it going. Please note a donation receipt will be issued for all donations over \$20.00. We accept chq, cash or e transfer to Susan.Easter@claytree.ca (no password needed) Please provide your full name and address with a note attached "Kitchen Donation". We thank you for your consideration of this request.



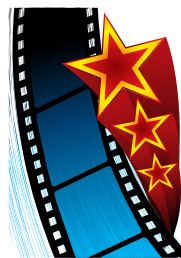
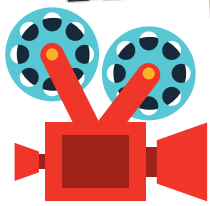
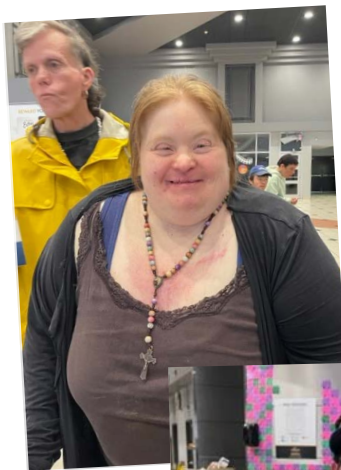




let's Watch @MOVIE



On April 28th, 2023 Clay Tree Participants & Staff went to the Woodgrove Theatre in Nanaimo to watch the movie "CHAMPIONS". Woody Harrelson stars in the hilarious and heartwarming story of a former minor-league basketball coach who, after a series of missteps, is ordered by the court to manage a team of players with intellectual disabilities. He soon realizes that despite his doubts, together, this team can go further than they ever imagined.





## WANT TO SUPPORT SOMEONE TO LIVE INDEPENDENTLY? BECOME A HOME SHARE PROVIDER!

### WHAT IS HOME SHARE?

Home Sharing is a living option for a person who has a developmental disability where they share a home with someone who provides ongoing support. Support may include assistance in daily living skills, training to develop their independence, self-care, relationship building, life skills, and access and use of community resources and activities.

Home Sharing is considered an essential service and provides the flexibility to **be at home while earning an income!** Successful Home Share Providers are people-oriented, have an active lifestyle and can spend quality time with the person. In this arrangement, the individual lives with a family, couple, or roommate in the community.

The home share program connects participants with hosts who are willing to share their home and positive lifestyle with others. This is a worthwhile opportunity for those wishing to enhance someone's future.

For more information about becoming a Home Share Provider, please contact **Samantha Langley, Home Share Manager**  
Email: [homeshare@claytree.ca](mailto:homeshare@claytree.ca) Tel: 250-753-5322 ext. 5





## Clay Tree Pride Party

On Friday, June 23rd, 2023, Clay Tree hosted a Pride celebration for all staff & participants. Mandy presented a gentle conversation on "Love is Love". Everyone made a tie dye shirt & a fantastic lunch was made by Chef Crystal. Lickity Drippity was on site to offer a refreshing treat to everyone. It was a wonderful day about love and celebrating love.

## INTEREST GROUPS ARE BACK!

For those who recall, there was life before COVID, and what we are excited to bring back to life is our INTEREST GROUPS. Interest groups are specific areas of interest/goals/learning/and exploration that the participants have asked for. The participants have been loving to be able to move around and see their friends again. Each participant is registered for three months in one interest group on Tuesdays and Thursdays, and they choose which ones they want to participate in. Here are the groups for June, July and August:

### TUESDAY



**Sewing:** ask your participant about the special gift they have been working on in the sewing group.



**Explore Nanaimo:** This one speaks for itself. Maybe they will strike Gold when they go gold panning at Thather River, or chose a new hobby when they visit the Hamilton hobby farm. The adventures are endless for this group!



**Zumba:** Let's dance, to the zoom zoom Zumba tunes! Staff, Lindsay, is a trained Zumba instructor so is leading this group



through the movement and many benefits of this form of dance.

**Transit:** We offer this one twice to ensure we meets the needs of all participants who are interested. Independence has been identified as a goal for many participants.

Being able to get from place to place on your own can be key component to gaining independence, so you will see this group out on Tuesday

learning how to navigate transit.



**Arts and Crafts:** Arts and crafts are popular. This way of self-expression gives opportunity to try out new ideas, new ways of thinking and problem-solving.

### THURSDAY



**Groom and Polish:** Hygiene benefits your overall physical and mental health and is more than just being clean. Pride in taking care of ourselves is the goal of this group.



**Drama:** this group is working towards a production and the process of moving from ideas to actions to performances teaches the value of practice and perseverance.



**Planet Protectors:** As a Planet Protector, the mission is to improve the world by making less trash. Planet Protectors also help other people learn to reduce, reuse, and recycle.

**Fishing:** Adventures on the water bring people together in a number of ways. When you share the thrill of a first catch or the stunning scenery of a new waterway, you form bonds with your fishing buddies that can last a lifetime.



**Hot Lunch:** definitely a popular group here are the centre. This groups prepared lunch for over 60 people—learning how to shop, prepare, and plate food for large groups makes for a hectic and exciting Thursday.

**Based on weather changes and desires of the participants these groups may change for the Fall. Stay tuned for highlights of this in our Fall newsletter.**

# Art from the Heart



**SOLD**

**Congratulations Gabriel!  
"Shack Island"  
Highest bid of the night  
\$400.00!!!**

**The BEST  
Auctioneer Ever!!  
Thank YOU  
Jeff Jorgensen**



**Next  
Live Auction  
Feb. 2024!**



Art from the Heart was held on February 24, 2023 at the Legion Branch 256. The featured art pieces made by our own Clay Tree Artists! Traditionally Jeff Jorgensen has been our Auctioneer for many years. He always does a fantastic job getting the best bids for our participants art work. We would like to thank everyone that submitted pieces for the Live & Silent Auction. Clay Trees profit for this fabulous evening was \$3,346! Special thank you to all the team of awesome people at Branch 245 Legion, to Ryans parents - Dave & Sue for their donation of the 50/50 they won (\$165.00), to all the staff that helped to make this event happen and most importantly to our Auctioneer Jeff who volunteers his time for this fun filled evening!

*In Loving Memory  
Kelsie Gaetz*



*Forever in our Hearts*



An honour to a part of the journey and production of the Snuneymuxw Welcome to Newcomers booklet. A true journey of reconciliation and a booklet that can be used at Clay Tree to support a deeper understanding of the history of the land we live, work and play and the Snuneymuxw. Congratulations Central Vancouver Island Multicultural Society and Snuneymuxw First Nation Randy Fred (coordinator) and Bill White (author) for this historic collaboration.

Huy ch'q'a (Thank you)

#diversityandinclusion #belonging  
#communitysupport



*"People helping People"*



## COMMUNITY SUPPORT



Together we can!



We can't survive without supporting our community.

Friday June 23, 2023  
Clay Tree was very happy to volunteer our time and vehicle to transport Loaves & Fishes volunteers to their volunteer appreciation party.



WE ARE GRATEFUL FOR EVERYTHING  
LOAVES & FISHES DO FOR OUR COMMUNITY!



# GRATEFUL!

Thank you to everyone that continues to submit their Country Grocer receipts to us. We are so happy to be a part of the "Save the tape" program as it really helps us to purchase extra items needed for the centre. For eavh \$1000 collected in receipts we receive a \$10 gift card.

**THANK YOU!**  
♥

Thank you to Josh & the Nesvogs team for your continued support of our Society! You fill our hearts & tummies!!



Vancouver Island Thrift Store  
1585 Bowen Rd Unit 1, Nanaimo,  
We are grateful for your continued donations!

**THANK YOU**

Please consider supporting the Vancouver Island Thrift Store we continue to receive generous donations from them and are extremely grateful.



# Dates to Remember....



Monday, July 3rd, 2023 -CLOSED Canada Day Stat

August 7-11, 2023 SUMMER CLOSURE

Monday, September 4, 2023 CLOSED Labour Day Stat

Sunday, September 10th, 2023 Nanaimo Opera - Voices

Monday, October 2, 2023 CLOSED -National Truth & Reconciliation

Monday, October 9, 2023 CLOSED - Thanksgiving

The Haunt Fundraiser - end of October dates to be announced

Monday, November 13, 2023 CLOSED - Remembrance Day

December 22nd, 2023 - Last day for participants & staff

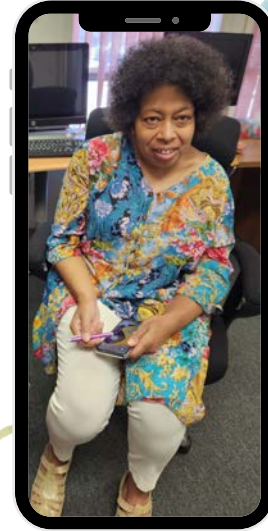
December 25, 2023 - January 1, 2024 CLOSED CHRISTMAS BREAK

Clay Tree will reopen on Tuesday January 2, 2024

# Hello Technology

## GOAL!

*Congratulations Dianne!*



This year, Dianne set a personal goal for herself to learn how to use her smart phone more effectively. As part of her goal, Dianne has recently enrolled in a Smart Phone and Computer course offered by the Nanaimo Disability Resource Centre. Dianne kindly answered a few questions for us on her Smart Phone training.

Q: How was your first class?

D: I really liked my first class. I am the only student at the moment.

Q: What are you learning to do in class?

D: I am learning to write a text, and learning about Spotify. I am learning about all of the different icons on the phone and what they do.

Q: How long are the classes running for, and what are you hoping to learn while you are there?

D: Classes are running for 6 weeks. I would like to learn how to do a video chat.

Q: Do you have any smart phone tips and tricks for our newsletter readers?

D: Just keep going, you will get faster as you go.

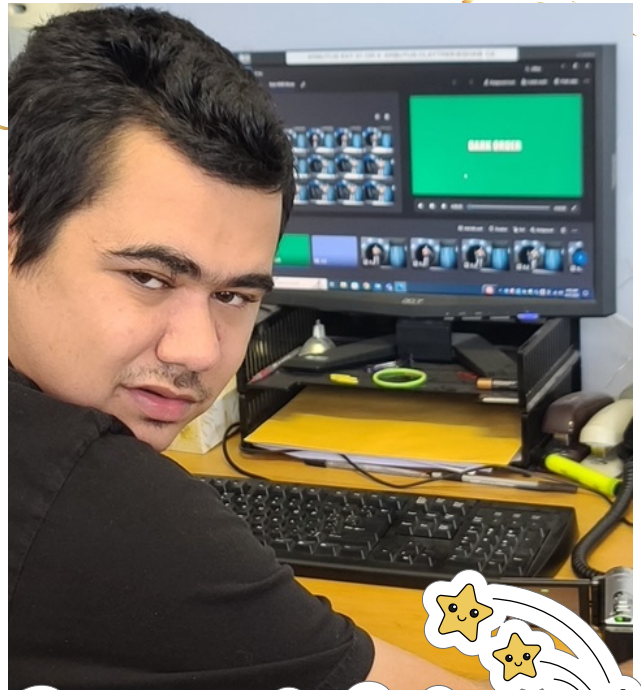
Q: Is there anything else you would like us to know about the Smart Phone course?

D: The courses are free.





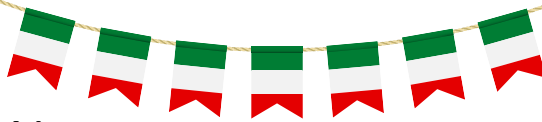
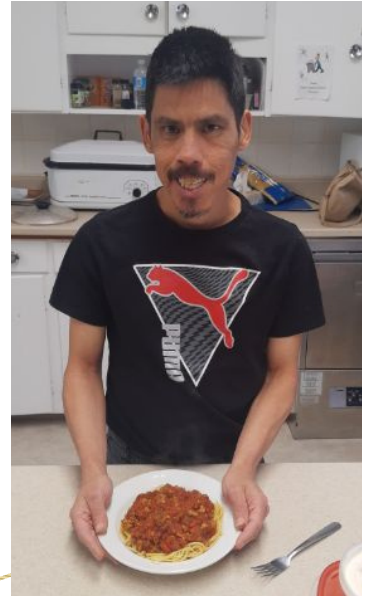
Fred has been working very hard to complete his goal to create a Stop Motion video to present to his peers. Fred began working on the story boards a year ago for the video and would rehearse every move with his figures and scene, that he created on his own. Fred also learned how to transfer the pictures from the camcorder to the computer to create and edit the video. Needless to say he is very excited to complete his very cool goal and will soon make his final presentation to everyone at Clay Tree.





**COMPLETED GOAL**  
**CONGRATULATIONS**

Lorne's goal was to organize a spaghetti hot lunch day for his peers in red room. We started by finding a recipe that Lorne loved and we made some tweaks to the recipe so that it would fit with his dietary restrictions. Lorne went shopping with the group to help pick up all the ingredients and unload the groceries. When the day arrived Lorne helped chop vegetables, make the sauce, boil noodles, serve all the plates for his peers and himself, and then ate it together on the deck!



**COMPLETED GOAL**

**TRANSIT BUS**

CONGRATULATIONS DOUGLAS!



The goal Doug chose was to become more independent on transit. He has been working toward this goal by taking transit with his group every week, discussing what routes they will be taking and referencing the riders guide before each trip researching and taking new routes to get to destinations such as Woodgrove, Long Lake to go magnet fishing and out to lunch at Pho VTa Vietnamese Restaurant on Bowen road.