
The Cosmo Communicator

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54-40 rocks out at Cosmo

The band 54-40 performed an acoustic show for Cosmo's participants on the afternoon of Wednesday, September 26th. Lead singer, Neil Osborne, has a family connection to Cosmo through his wife Geanine whose cousin Karl Seel is a participant at Cosmo.

Geanine kindly shared her thoughts on what Cosmo means to Karl's life from the point of view of a family member, she writes:

"Cosmo has been a lifesaver for my cousin Karl. While his living arrangements have not been the most stable and happy at times, Cosmo has remained a constant in his life. The staff and residents have always been like a large and welcoming family to him.

Karl looks forward to each and every day at Cosmo where he's treated as the unique man that he is, his sense of self esteem and quirky humour nurtured at every turn. He finds particular meaning in his recycling job and loves the therapeutic and recreational activities he takes part in.

When I visit, I can't help but be impressed by the camaraderie he enjoys with staff and fellow participants. And it's reassuring to me as a family member to know that I'm free to call and visit as often as I like. Staff are always prepared to assist me in gaining insights into Karl's needs and finding solutions to issues that arise from time to time.

I'm so very grateful for the existence of Cosmopolitan Industries. I can't imagine Karl's life without them." (Geanine Robey)

54-40, widely known for songs such as *I Go Blind*, *Ocean Pearl* and *One Day in Your Life*. The concert band was a highlight event for our participants and was covered by the StarPhoenix, CBC and Global Saskatoon. The four song concert video as well as Global Saskatoon's touching news report are both available for viewing on Cosmo's Facebook page. Remember to 'like' us while you are there.

-Ken Gryschuk
Manager of Business Development and Community Relations

Carrie Underwood

I would like to extend a gracious thank you to the Top of the Rock for allowing Wes Holder and me to take Jesse Haughn, Nicole Pabello, Curtis Reid and Evengy Miroshnichenko to Carrie Underwood at Credit Union Centre on October 1, 2012.

We had a memorable evening by taking in the show and enjoyed a filling supper. Opening for Carrie Underwood was Hunter Hayes and Kira Isabella. We enjoyed watching and listening to the amazing three hour show with this American Idol winner performer who sang her numerous hits to the crowd.

So, once again, thank you for allowing this chance of a lifetime to happen. By seeing the participants faces light up and singing all evening proved it was a great success!

*-Dave Parkalub
Recreation Coordinator*

On Thanksgiving...

I love Thanksgiving, it is a time for giving thanks. I am thankful for Taylor Swift and the Backstreet Boys. I love Dancing With The Stars, Justin Bieber, 'NSync and Wes Life. I love eating pumpkin pie, it's my favorite. I like being with people I like. I am also thankful for my new hair cut. Thanksgiving is a time when we help each other.

*-Larita Laplante
Participant in Pathways*

Riding the CFL Train

The CFL Train is travelling across Canada and is making stops in various cities along the way to celebrate the 100th Grey Cup this year. Tew Mark, David Thibodeau, Mel Harriman, Shauna Ginter, Caroline Wuchner, Dallas Waldbauer, Steven Large, Curtis Reid, Matt Hamm, Tony Busch, Wes Holder, Maegan Urdal, and Dave Parkalub had the opportunity to go see the CFL 100th Grey Cup train on Monday October 1st and were able to get a picture with the Grey Cup. We also had the opportunity to tour the train which included a replica Grey Cup dressing room and various CFL memorabilia from the past 100 years.

*-Wes Holder
Recreation Coordinator*



BABY PROFILES



Name: **Farrah Rose Mimi McCallum**
Born: October 18th 2012
Time: 11:53 pm
Weight: 8 lbs, 3 oz.
Length: 20 inches

Congratulations to Anna & Justin McCallum on their first baby, Farrah!

Name: **Hunter James Ervan Hagglund**
Born: October 16th 2012
Weight: 7 lbs, 9 oz.
Length: 20 inches

Congratulations to mommy D'arcy and family on the birth of your new son!



Name: **Addison Marie Vessey**
Born: October 9th 2012
Weight: 6 lbs, 10 oz.
Proud parents: Jennie & Shawn Vessey

Welcome to the world baby Addison! Congratulations to Jennie and family!

Name: **Anna Faith Sedelnick**
Born: October 16th 2012
Time: 12:57 am
Weight: 6 lbs, 15 oz
Length: 20 inches

Congratulations on your newest addition, Pam & family!



HOJA

On September 26th, the acappella group HOJA made its annual stop at Cosmo to perform for our participants. HOJA is a unique trio, "each member of HOJA sings a variety of different voice parts including bass lines, lead vocals, tenor and baritone parts, instrument sounds such as guitars and trumpets, beatboxing and drum noises and assorted sound effects".

The hour long set included many of the participants' favourite cover songs, which they danced and sang along to.

We would like to thank HOJA for adding us on their current tour and providing us with a morning of good times!

*-Dave Parkalub
Recreation Coordinator*

Jersey Boys

I would like to extend a gracious thank you to the Top of the Rock for allowing Bev Brassard and me to take Irene McAdam, Jim Matieshen, Sonia Thoms and Gladys Macdonald to Jersey Boys at TCU place on September 27th, 2012.

We had a memorable afternoon by taking in the two and half hour show and a filling supper after at Chianti's. We enjoyed watching and listening to the amazing show and sang along to the many hit songs of Franki Valli and the Four Seasons.

So, once again, thank you for allowing this chance of a lifetime to happen. I cannot express how excited we all were to share this moment together.

-Dave Parkalub & Bev Brassard

**Thanksgiving Dinner**

On Tuesday October 2nd, the Life Enrichment Division was able to enjoy a delightful Thanksgiving Dinner. Kathy and Bev started to cook the two turkeys the day before and everyone savoured the aroma. We had turkey, dressing, mashed potatoes, cranberry sauce, peas, gravy and raspberry punch. For dessert everyone had pumpkin pie with whipped cream. The meal was very much appreciated and couldn't have been any better. Thanks to all the staff that helped prepare the meal. It was an extra special treat!

-Renee Kiniski and Delores Brock

Cosmo and Galon Go to the Races

September 29th was a beautiful fall afternoon to spend at the race track. Several Cosmo participants and staff were at the Auto Clearing Speedway with some of the best seats in the house—the Galon Insurance Chalet. Everyone had a great time cheering on their favourite cars. The races were extra exciting as it was the last race of the year—the Enduro— and car crashes were encouraged. There were barrels full of water on the track which made a pretty cool explosion of water when the cars hit it. It also made the track nice and slippery.

Cosmo participants had the honour of starting the third round of laps by waving the flags. We also got to take a few swings at the Smashorama van.

We had a wonderful time at the races and are very thankful to Galon Insurance for hosting us in their Chalet.

*-Anna McCallum
Coordinator of Volunteer Services*

Phonebook Campaign BBQ a success!!

The kickoff of the Phonebook recycling campaign was a great success. We'd like to thank Sutherland School for hosting the event. Thanks also to Waste Management for providing BBQ volunteers. Those students were hungry! Remember to recycle your phonebook at a Cosmo bin. We'd love to get all the schools in the city involved, so check with your school and find out whether or not they have registered to participate.

*-Ken Gryschuk
Manager of Business Development and Community Relations*

Top of the Rock Supper and Huskie Football Game

As the work day ended at Cosmo on Friday October 12th, a group of eight participants (Byron Horner, Jim Matieshen, Chris Schafer, Les Large, Carla Gaunt, Michael Edworthy, Perry Poitras, Brock Diachuk) and three staff (Keith Fisher, Janelle Reiley, Renee Zeabin) were all getting excited to watch a University of Saskatchewan Huskies Football Game at Griffiths Stadium. Before heading on route to Griffiths Stadium, the group went out to Johnny Boys Buffet Restaurant to have some good eats, and socialize together. After everyone had a good fill, we all climbed into two separate vehicles, and drove out to the football game together.



We arrived at the stadium just before game time and the energy level of the crowd, music playing and souvenirs being passed out for everyone to light up the stadium (glow sticks) made our arrival very fun! This game with the Huskies playing the Manitoba Bison was scheduled to be a blackout game, meaning a half time fireworks show, it was spectacular! From our seating, we had a good view of the game action up close, with our seats being close to the field level. We stayed to the very end of the game which had the most amazing finish, with the Huskies scoring 28 fourth quarter points and they ended up winning 44-39! Thank you Top of the Rock for providing the opportunity for all of us to bond and grow in our life experiences together, it is something we will never forget!

*-Keith Fisher
Life Skills Training Division*

COSMO'S ANNUAL HALLOWEEN DANCE

FEATURING GALON'S HAUNTED MANSION

WEDNESDAY, OCTOBER 31ST IN THE GYM

JOIN US FOR A WITCHIN 'GOOD TIME BY DRESSING UP IN YOUR SPOOKIEST COSTUME !



Get your Halloween Basket Raffle tickets!!

Tickets are \$1.00 each or 10 tickets for \$5.00

- Proceeds go towards Telemiracle
- See the basket in the front office
- Get your tickets from your Telemiracle representative

Draw date is on Monday, October 29th at 3:00 pm



Notice to Caregivers & Parents:

We are having our Annual Christmas Party for **participants only** on December 7th. Our hours will be slightly modified, allowing participants extra time to get dressed up and staff extra time to set up.

Combo/Wheelchair Bus travellers (ambulatory & wheelchair) will be picked up 1.5 hours later than usual time and drop off time will be thirty minutes later.

Buses will pick up 2.5 hours later than usual, no change in drop off time. City bus travellers plan to arrive at Cosmo for 11:30.

Private travelers plan to arrive at Cosmo for 11:30.

If you have any questions, please call Helen @ 664-3158.

New Staff

Shilo Richardson- Term Participant Services Coordinator

Shannon McAinsh-Casual

Cheryl Fraser-Casual

Heather Reis-Fulltime Contracts

Kate Uffelman-Term Life Skills

Karis Brandes-Fulltime Life Enrichment

Jonathan Constable-Term Community Enriched Support

John Mata- Casual ONP

Staff Changes

Jordan Doepker-Fulltime Life Skills

Tara Theimann-Job Coach Contracts

Spencer Kukurudza-Term

Coordinator, Pathways

Nichol Krelow—Casual

Sam Bueckert—Casual

Leaving

Colin Switzer

Melvyn De Castro

Pam Sedelnick- Maternity leave

Anna McCallum-Maternity leave

Jennie Vessey-Maternity leave