

2021 Holiday Season Appeal Letter

Give the Gift of "Me Time" to Families!



Season's Greetings:

Sunbeam's Overnight Respite Programs have been serving children and adults with developmental disabilities, and/or having medically fragile / technologically dependent support needs for many years.

Respite is "**me time**" - for the individual having a short-stay visit at Sunbeam, and just as importantly for their family caregivers.

Our respite programs offer not only the trusted care and support that our clients and their families have come to rely upon, but also include social and recreational activities, seating and positioning assessments, and access to a variety of aligned services and therapeutic amenities. Whether its an opportunity to attend day program (virtual or in-person), or pre-arranged attendance at our therapy pool, snoezelen facilities or other scheduled events and outings, the short-stay experience supports individuals' quality of life and often provides an opportunity for friendships to develop and to gain a new sense of community.

It is not uncommon to also refer to the experience as an opportunity for Caregiver Respite. Sunbeam's respite program affords family caregivers the time and opportunity to focus on much needed self-care. Such short-stay respite opportunities entrust the caregiving to Sunbeam, while allowing families the opportunity to recharge, find balance and reduce the likelihood of experiencing caregiver burn-out.

With your help, we can ensure that the respite "**me time**" supports in the community remain within reach for the individuals, families and caregivers that depend so much on this service to help restore balance, improve quality of life and to provide relief by easing the stresses of caregiving.

In June of this year, we welcomed Kids Hub to the Sunbeam Community. Sunbeam Kids Hub (formerly Kids Country Club, Cambridge) offers overnight respite services to medically fragile children who may also have developmental disabilities.

After a period of transition over the summer, the Kids Hub location (in the Hespeler area of Cambridge) went through a planned shutdown period this fall during which over \$100,000 in capital upgrades, renovations and enhancements were completed at the home to improve its safety, accessibility and comfort for many years to come. We are pleased to report that the Kids Hub respite program will re-open on a limited basis effective December 1st.

Jude's Story

Jude was born with very complex physical and medical needs and relies solely on his parent's caregiving for every aspect of his personal care needs. Now 17 years old, Jude was first connected with Sunbeam as a toddler to receive physiotherapy supports.

Over time, the family started making use of overnight respite services on a monthly basis, and the family credits this regular "me time" for helping to keep the family together through some very challenging times.

"We absolutely love our son and want him at home, but we also learned how important it is to have occasional breaks from caregiving, for Jude's wellbeing and to support the family's quality of life."



With COVID-19 pandemic conditions slowly improving, in large part due to the vaccination efforts in communities across the province, we are gradually resuming and expanding respite services in a planful manner over the next few months.

And this is where your generous support can make all the difference!

Sunbeam's overnight respite programs rely on three sources of funds to offer services:

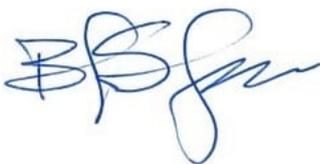
- The Ministry of Children, Community and Social Services provides a partial subsidy for some respite programs, and no subsidy for others.
- Sunbeam, through its Board of Directors, has pledged an annual financial contribution to its respite programs which rely in part on donations from our donors and supporters.
- Families also pay a daily user fee when their loved ones come for short-stay respite visits.

Our goal this holiday season is to raise \$40,000 in support of overnight respite programs to help ensure the affordability of user fees charged to families in the coming year.

Your donation in support of our holiday season appeal this year will make a real difference to families in the communities we serve by helping to improve the affordability of, and access to Sunbeam's overnight respite programs.

Wishing you and your family a peaceful and joyous holiday season, and much health and happiness in the New Year.

With Gratitude,



Ben Spengen
President, Board of Directors



Brian Swainson
Chief Executive Officer

The Spirit of Giving

Sunny Nakra, co-founder of Atreo Media and its philanthropic arm, Atreo Cares, recently promoted a matching campaign on his social media channels to raise over \$1,000 in support of Sunbeam's respite programs.

Sunny chose to share his support with Sunbeam because he was "looking for a local organization that makes a real impact to the lives of individuals and families in the community."

To show your support:

- Donate online, by visiting: www.sunbeamcommunity.ca/donate-to-respite
- Donate by cheque, by using the enclosed return envelope addressed to Sunbeam
- To set-up a monthly donation charged to your credit card, please call:

Sana Ali, Manager of Financial Services, Sunbeam
Tel: (519) 893-6200 extension 226

