



Downtown Owen Sound News & Events

Volume 2018, Issue #1

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Owen Sound Downtown Improvement Area

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Charity & Non-Profit Community Spotlight

In downtown Owen Sound, we are privileged to have a large variety of charities and non-profit service organizations located in the downtown core. Some are nationwide organizations while others are grass roots and locally based.

In this issue, we're spotlighting the **Alzheimer's Society of Grey-Bruce** and **The United Way of Bruce Grey**. Each of these organizations are a respected and valued asset to our community and we are happy to share their information. Other organizations will be featured in subsequent newsletters.

Alzheimer Society GREY-BRUCE January is Alzheimer Awareness Month!

The Alzheimer Society of Grey-Bruce is proud to provide many types of support to people throughout Grey and Bruce County. Their mission is simple: Reduce the personal and social impact of dementia while promoting research. Many people often know who the Alzheimer Society of Grey-Bruce is, but do not know what they do.

Their main programs and services are as follows:

- Their **Counsellors** help clients and their families understand their diagnosis, navigate the health care system, problem-solve individual challenges, connect them to services and support individuals throughout the disease.
- **Monthly Support Groups** are held in 6 different communities across Grey-Bruce.
- Their **Memory Café Support Group** provides an opportunity for people with dementia to have a comfortable space to learn, share and socialize with each other.
- **Minds in Motion®** is an 8-week program (Owen Sound, Hanover, Southampton & Markdale) that combines physical activity, mental and social stimulation for individuals with early to mid-stage Alzheimer's disease or other dementias, and their care partners.
- **Melodies and Memories** clients can enjoy a personalized music experience that soothes, stimulates and brings to mind long-forgotten memories, facilitates meaningful engagement and supports identity and self-expression.
- **Art Therapy** provides a creative framework and an avenue for non-verbal and symbolic self-expression.
- **Memory Clinics** provides the opportunity to help individuals and their families through the cognitive assessment process.
- **Dementia Simulation Activity** which is a unique interactive education session that helps people learn what a person with dementia may go through.



Neighbourhood News:

The Owen Sound DIA welcomes Jimmy Wong, owner of **Oregano Bistro** (previously Villa Nina).

The restaurant is open Wednesday through Saturday from 3:30 pm for dinner service and features delicious authentic Italian cuisine and other flavours from around the globe. Oregano Bistro is located at 101 10th Street East in downtown Owen Sound.

The Milk Maid is now offering extended hours Friday and Saturday evenings. You can now enjoy the finest local cheeses, wines and beers until 10 pm. The Milk Maid is located at 947 Second Avenue East. You can visit them online at www.TheMilkMaidCheese.ca or call them at 519.372.1130.

Artists' Co-op Upcoming Events:

January

In the Legacy Gallery, you may browse the work of local artist Jennifer Darragh who paints the people she has met while living on the street. This is a perspective that is not often seen. In their Guest Artist section, they are featuring Jeff Kichen (flint knapping & fly tying), Jordan Hall (mixed media), Billy Goodkat (spray painted canvasses) and David Kettle (computer art).

The Artists' Co-op is open 7 days a week and an artist is always on duty. For more information, please visit www.ArtistsCoop.ca

Back By Popular Demand: Savour Owen Sound



The City's Tourism department is once again hosting Savour Owen Sound, an annual event promoting locally owned restaurants and dining in February & March. Support downtown restaurants and head out for a delicious three-course meal for a special price during the event. This year's event will run for six weeks starting Friday, Feb. 16th and will include weekly draw prizes for Savour Owen Sound customers. The City will publish blogs about each restaurant through its social media channels, including Facebook and Instagram. Ten restaurants participated in last year's campaign, most reporting an increase in customers. About half the patrons were from outside Owen Sound, bringing business into the City.

For more information or to be involved please call Paulette Peirrol, the city's tourism marketing coordinator, at 519-376-4440 ext 1245 or email ppeirol@owensound.ca.

Do you have an upcoming event in downtown Owen Sound?

Posters can be dropped off at the DIA office at 854 Second Avenue East and you can submit your event to our online calendar by visiting www.downtownowensound.ca/submitanevent.html

Charity & Non-Profit Community Spotlight cont'd

- **First Link Learning Series** consists of 5 different education series tailored to the various stages of the disease.
- **Learning the Ropes of Mild Cognitive Impairment** is a 6-week program focused on optimizing cognitive health through lifestyle choices, memory training, and support.
- **Taking Control of Our Lives** is an 8-week program designed to empower individuals diagnosed with Alzheimer's disease or other dementia.
- **Finding Your Way** supports people living with dementia, their families, care partners and communities to recognize the risk of going missing, be prepared for incidents of going missing, and ensure that people with dementia can live safely in the community. Almost 2/3 people diagnosed with dementia related memory problems will become lost at some point! We can all do our part to help prevent this!

In partnership with the Alzheimer Society of Canada, they are excited to launch a new awareness website: www.ilivewithdementia.ca. This website will help challenge common misconceptions to help reduce stigma. There is a way you can help. Please contact their Program Education Coordinator Sandra Hong to make sure your community is Dementia friendly and become educated with their **Finding Your Way Program!**

To be able to run these programs, and many others, The Alzheimer Society of Grey-Bruce depends on community support. They are not fully funded as about 40% of the operating budget comes from donations and fundraising events every year to ensure they are able to provide quality and equitable programs throughout Grey and Bruce Counties. If you are interested in donating or volunteering, please give them a call at 519-376-7230 or visit their website at www.alzheimer.ca/greybruce.



**United Way
of Bruce Grey**

For at least 15 years, the United Way of Bruce Grey has been an Owen Sound DIA located charity and a hub of community activity in the downtown core. Operating from the former Grey County Day Care building for the past 11 years, clients and the public-at-large are assisted by six permanent staff with grant and project staff coming and going with the ebb and flow of community-based projects.

As a trusted, critical community convener addressing poverty-based issues, the United Way mobilizes local, provincial and national partners – including business, labour, community and government leaders and residents, to create opportunities for a better life for everyone in Bruce-Grey.

The United Way believes that everyone matters, everyone deserves a hopeful life and everyone can help someone. Not all within our community have an equal opportunity to create a vibrant life. Unfortunately, many struggle to achieve a sustainable livelihood because they have vulnerabilities that place them at risk, and face significant barriers in accessing opportunities and support. Recognizing this, the United Way of Bruce Grey focuses on individuals and groups that are vulnerable to social barriers, including people coping with or at risk of poverty, isolation, abuse, stigmatization related to race, culture, disability, age or sexual orientation.

It is the United Way's mission to move individuals and families out of poverty and social exclusion, and build a strong, healthy and safe community for everyone. Efforts to achieve this is done by engaging individuals and mobilizing collective action in the common cause of caring.

Community impact is about achieving meaningful, long-term improvements to our quality of life by addressing, not just the symptoms of the problems, but also getting to root causes.

The work of the United Way of Bruce Grey is made possible by caring and compassionate donors and volunteers from across the region, who want to help others. Working together, hope is restored and lives are changed for those who are struggling, including at risk children and youth, isolated seniors, people with special needs or experiencing mental health issues, victims of abuse, and families and individuals living in poverty. There are many different ways this can happen, including direct support from United Way frontline programs such as the Backpack and Utility Assistance Programs, as well as 23 programs currently provided by 15 community partner agencies; and indirect supports is provided by the Poverty Task Force, community discussions, and evidence-based data collection and outcome reports.

For 2018, the United Way is looking forward to more community driven, evidence-based solutions to the issues our community is facing, from the twin counties right down to priority neighbourhoods, so everyone feels engaged, safe and supported.



To learn more, please visit www.unitedwayofbrucegrey.com, follow them on Twitter @weRpossibility and Facebook at @Unitedwaybrucegrey, call 519-376-1560 or drop by the United Way office at 380 9th Street East.

Directory of Service Organizations in Downtown Owen Sound

Big Brothers Big Sisters of Owen Sound:

Harmony Centre, 890 4th Avenue East / <https://owensound.bigbrothersbigsisters.ca>

Canadian Cancer Society:

219 -1051 Second Avenue East / www.Cancer.ca/bluewater

Canadian Mental Health Association Grey Bruce:

1024 Second Avenue East / www.cmhagb.org

Community Foundation Grey Bruce:

946 Third Avenue East / www.CommunityFoundationGreyBruce.com

Community Living Owen Sound & District:

834 Second Avenue East / www.CommunityLivingOwenSound.ca

Crime Stoppers of Grey-Bruce Inc.

P.O. Box 1119 / <https://crimestop-gb.org/>

Heart & Stroke Grey Bruce:

795 1st Avenue East / www.HeartAndStroke.ca

OSHaRE (Owen Sound Hunger and Relief Effort):

890 4th Avenue East / www.oshare.ca

Safe 'N Sound: Homelessness Initiative & Drop-In Centre:

310 8th Street East / www.facebook.com/safesoundgreybruce/

Salvation Army Family Services & Food Bank:

918 Second Avenue East / www.salvationarmyowensound.ca/owen-sound.html

Salvation Army Thrift Shop:

946 Third Avenue East / www.salvationarmyowensound.ca/owen-sound-store.html

**While every attempt was made to insure the accuracy of this list, we do apologize if any organization was overlooked.*

Downtown Events

Every Friday:

Open Mic at The Bleeding Carrot: 4 pm - 6 pm

Live Music at Jazzmyns: 8 pm

Live Music at The Pub: 9 pm

Every Saturday:

Owen Sound Farmers Market: 8 am to 12:30 pm

Live Music at Jazzmyns: 8 pm

Other Events:

FRISKY 1st FRIDAY

February 2 (6 to 9 pm)

Lupercalia

February 16 & 17

Heartwood Concert Hall

January 23: Open Mic

January 26: Tribute To Tom Petty & The Heartbreakers

January 27: Whisky & Blues

February 2: Frisky 1st Friday Burlesque Evening

February 3: Karla Crawford

February 8: Games On Tap 2.0

February 14: Lovesick: Stories of Love Lost, Found and Unrequited

February 16: Lupercalia 2018

February 23: Rebecca & The Arcades

February 24: Zeppelinesque Rock

April 21: The Human Rights with opener DJ Fat Daddy

May 5: My Son The Hurricane

The Roxy Theatre

January 19 & 20: Banff Mountain Film Festival

February 1-3 & 7-10: The Children's Hour

February 6: Soundlings Improv Course

February 22-24: St. Mary's High School

presents The Wizard Of Oz

March 9: Johnny Gems & The Red Hot Bananas

- The Best Of American Graffiti

March 10: Take It Easy - The Story Of The Eagles

March 16: The Mudmen

March 17: Mini Pop Kids Live

- Make It POP Tour

March 24: Ron James - Full Throttle

April 5-7 & 11-14: The Ghost Island Light

Harmony Centre

March 4: Richard Henzel
in Mark Twain In Person

Monday - Friday @ The Harmony Centre
OSHaRE provides meals to the community
from 5 to 6 pm. Everyone is welcome.



Upcoming Owen Sound DIA Events

February 2: Frisky 1st Friday Shopping Event (6 - 9 pm)

As a member of the Owen Sound DIA, you are always welcome to make a Deputation or simply attend a Committee or Board meeting. The calendar below outlines Committee Meeting and Board Meeting dates. For more information, please contact the OSDIA office.

Board of Management

Dave Parsons, Board Chair
(Foto Source, Owen Sound)
E-mail: parsons@fotosource.com

Rodney Rodger, Vice-Chair
(Kornblum's Men's Wear)

Kathy Hannen, Treasurer
(Grey Bruce Business Services)
E-mail: gbbusiness@bellnet.ca

Ron Cole, Director
(Dr. Cobbler Shoes & Swirls)
E-mail: dr.cobbler@hotmail.com

Francesca Dobbyn, Director
(United Way Bruce Grey)
E-mail: execdir@unitedwaybg.com

Dianne Mattice, Director
(The Rocking Horse)
E-mail: rhmaticce@hotmail.com

Jacque Furtner, Director
(barebirch)
E-mail: Jacque@barebirch.ca

Jeff Fluney, Police Liaison
(Owen Sound Police Services)
E-mail: jfluney@owensoundpolice.com

Peter Lemon, Councillor
(City Council Representative)
E-mail: plemon@owensound.ca

Brian O'Leary, Councillor
(City Council Representative)
E-mail: boleary@owensound.ca

Staff

Deb Blackshaw
Heather Anderson

2018 Calendar

January							February							March							
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	
		1	2	3	4	5	6					1	2	3					1	2	3
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14	15	16	17	18	19	20	11	12	13	14	15	16	17	11	12	13	14	15	16	17	
21	22	23	24	25	26	27	18	19	20	21	22	23	24	18	19	20	21	22	23	24	
28	29	30	31	25	26	27	28	25	26	27	28	29	30	31							

April							May							June						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
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22	23	24	25	26	27	28	20	21	22	23	24	25	26	17	18	19	20	21	22	23
29	30	27	28	29	30	31	24	25	26	27	28	29	30							

July							August							September						
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT
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October							November							December							
SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	
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14	15	16	17	18	19	20	11	12	13	14	15	16	17	9	10	11	12	13	14	15	
21	22	23	24	25	26	27	18	19	20	21	22	23	24	16	17	18	19	20	21	22	
28	29	30	31	25	26	27	28	29	30	23	24	25	26	27	28	29					
														30	31						

- Marketing Meeting
- Board Meeting
- Statutory Holiday

About the OSDIA: The Owen Sound Downtown Improvement Area was created in 1973 under the Ontario Municipal Act and is provincially mandated to “oversee the improvement, beautification and maintenance of municipally-owned land, buildings and structures in the area beyond that provided at the expense of the municipality generally; and to promote the area as a business or shopping area.” In support of this mandate, our mission is to provide effective leadership in the ongoing development of the membership area as a vibrant and sustainable business, cultural, and residential community. We believe that we can achieve this goal by supporting initiatives aimed at improving, beautifying and promoting the membership area on behalf of all of our members. The municipality legislated boundaries for the Owen Sound Downtown Improvement Area are 11th Street East (to the north), 7th Street East (to the south), the Sydenham River (to the west), and 4th Avenue East (to the east). Your comments and questions are always welcomed at: DIAInfo@owensound.ca