



INSIGHT

April 2022 Issue

Executive Director Update

Spring is here; however, it does not feel like it, or resemble a spring that is attractive after a very long winter! Restrictions have eased with Covid-19 for the general public, however for Community Living Agencies, we are still required to follow the Ministry directives with respect to personal protective equipment, encouraging vaccinations and boosters, hand washing, physical distancing, active screening, staying home when sick, as well conducting rapid antigen tests three times per week for Residential Services. We have seen some encouraging signs with our staff shortage, however the Agency is still in need of additional staff to ensure individuals supported can get out and about and participate in community events. Again, I must extend the Board's appreciation to staff for their commitment to people supported in working additional hours and participating in the continued changes to Ministry requirements. THANK YOU.

Later in this Newsletter you will note the upcoming Gerbera Daisy Sales (May 4, 5, 6), the Annual Golf Classic (June 17) and our Annual General meeting and Staff Recognition (June 22) and of course various events to acknowledge May Community Living Month. Please come out and support Community Living-Central Huron.

The Agency's Strategic Plan continues to move forward with the commitment of Staff and Volunteers; much planning has occurred with consistent themes emerging from the four Sub-Committees. As a review, the four priorities are: Move Towards Full Inclusion; Deliver Exceptional Supports & Services; Make Community Living-Central Huron a Great Place to Work and Increase Awareness, Advocacy & Partnerships.

Looking forward to better spring and summer weather.

Below are the answers we received from the "Inclusion is _____." contest. Thank you to everyone who participated. The winner of the contest was Sarah Stoll. Congratulations Sarah!

INCLUSION *is*

A WAY OF THINKING AND ACTING THAT ENSURES EVERYONE FEELS ACCEPTED, VALUED, SAFE AND BELONG

INCUMBENT EVERY **TOGETHERNESS**

LOVE THING! *acceptance*

is a universal human right, it is how everyone should always think is not integration but rather genuine connection as one is always necessary especially during these times in question.

We all need to be going in the same direction as a whole.

everyone being loved the same way  **Canadian Freedom**

that you let everyone be in the group together

A SAFE PLACE FOR EVERYONE **BEAUTIFUL ESSENTIAL FOR EVERYONE (be-YOU-ti-FULL)**

Everything for everyone! Change your mindset

Diversity has a seat at the table, inclusion is having a voice and belonging is having that voice be heard.

about people gaining "social acceptance." Having positive interactions with one's peers and being valued for who they are.

to make opportunities and resources equal for people with disabilities for people not to be excluded from these activities so it's equal for everyone around.

TOGETHER ... FOR EVERYONE

Everyone. Everyone contributing, everyone belonging.



Events



**THANK
YOU!**

To everyone who
ROCKED their SOCKS
with us!



03/21

#DownSyndromeAwareness

Southwest Regional Respite

Each April, people from across Ontario come together to show their support for people on the autism spectrum.

Saturday, April 2, 2022 was World Autism Day; people celebrated the spectrum by wearing **tie dye** shirts.

The following link provides more information about World Autism Day: <https://celebratethespectrum.com/>.



April is World Autism Month and World Autism Day was April 2, 2022. In Canada, Bill S-206 is an Act respecting World Autism Awareness Day thanks to Liberal Senator Jim Munson.

This year, Autism Ontario's theme for World Autism Day is Celebrate the Spectrum. Margaret Spoelstra, Executive Director of Autism Ontario states, "it is an opportunity for positive action to provide spaces of support and advocacy for our diverse communities while learning about autism and how we can all make our communities better and more inclusive places for people on the autism spectrum.....campaign unites families, schools, communities, government and professionals in recognizing World Autism Day through celebrating people on the autism spectrum while bringing to light the systemic barriers that must be removed to create a more supportive and inclusive Ontario."

Autism Spectrum Disorder (ASD) affects more than 135,000 Ontarians. Autism Spectrum Disorder is now recognized as the most common neurological disorder affecting 1 in every 66 children, as well as their friends, family and community.

ASD is a spectrum disorder, which means it not only manifests itself differently in every individual in whom it appears, but its characteristics will change over the life of each individual as well. A child with ASD will become an adult with ASD.

Wellness Committee

WELLNESS PODCAST AND BOOK RECOMMENDATIONS



Mental Health Happy Hour
Food for Thought



Atomic Habits
Breath



The Importance of Practicing Self-Compassion



We all understand the importance of being kind to others, but how many of us are truly kind to ourselves? Often our inner critic takes over and we say things to ourselves that we would never say to those we love and care about. Practicing self-compassion helps us to become aware of our negative self-talk and replace self-criticism with a kinder, gentler voice. There are hundreds of research studies that show how self-compassion at any age is strongly linked to enhanced well-being.

Let's explore the evidence-based practice of self-compassion and how we can begin to practice self-compassion? Dr. Kristin Neff is a pioneer in the field of self-compassion research, and she emphasizes 3 components of self-compassion:

1. **Be kind to yourself.** The best way to do this is to think about a friend who has had a set-back and ask yourself how you would speak to them about it. Try visualizing this. You probably would not say "it was because you didn't work hard enough" or "you are not smart enough." You would probably listen to their perspective, empathize, and do something nice for them. Treat yourself the same way.
2. **Embrace your common humanity.** It starts by remembering that everyone, including ourselves, make mistakes and experience setbacks and this will cause us suffering. Being harsh with ourselves just makes us feel isolated and lonely, as if we are the only person on the planet with this flaw. We are all imperfect, and we all suffer. This is one of many ways that we are connected to every person on this planet. Self-compassion gives us an enhanced sense of belonging and being in the human journey together.
3. **Be Mindful.** It is hard to be aware of how we're suffering when we distract ourselves with busyness and rationalizing what's happening inside us to keep us from paying attention. Jon Kabat-Zinn described mindfulness as paying attention, in a particular way, on purpose with kindness and compassion and no attachment to the outcome of our practice. Try this by yourself, with friends or your family.

- Watch the video, "How To Practice Self-Compassion", <https://youtu.be/8lnU4fZ3eiM> (2:00) for some practical self-compassion tips by Dr. Kristin Neff.

- Now, think of a situation in your life that is difficult or causing you stress. Call the situation to mind and see if you can actually feel the stress and emotional discomfort in your body.

- Next, work through the following prompts to practice the three components of self-compassion.

1. Be mindful. Say to yourself: "This is a moment of suffering."
 - Other options include: "This hurts" or "Ouch" or "This is stress".
2. Embrace your common humanity. Remind yourself: "Suffering is a part of life."
 - Other options include: "Other people feel this way" or "I'm not alone" or "We all struggle in our lives".
3. Be kind to yourself. Put your hands over your heart, feel the warmth of your hands and the gentle touch of your hands on your chest. Or adopt the soothing touch you discovered felt right for you. Say: "May I be kind to myself."
 - You can also ask yourself, "What do I need to hear right now to express kindness to myself?"
 - Maybe there is a phrase that speaks to you in this particular situation, such as: "May I give myself the compassion that I need" or "May I learn to accept myself as I am" or: May I forgive myself" or "May I be strong" or "May I be patient".
 - This practice can be used any time of day or night and will help you remember to evoke the three components of self-compassion when you need it most.

Ask yourself, there is no wrong answer, in what ways and in what circumstances can I be more self-compassionate?

Source: <https://22.files.edl.io/f55e/10/21/21/190451-f7a7d813-defa-4b59-9155-753ef4969b0d.pdf>

Health & Safety Corner

In 1984, the Canadian Labour Congress established April 28th as the National Day of Mourning in Canada to remember and honour those who have died, been injured or suffered illness in the workplace.

The date was chosen in 1984, when the Canadian Labour Congress proclaimed the Day to coincide with the 70th anniversary of the day the first Ontario Worker's Compensation Act was approved by the government (1914). The Day of Mourning was enshrined in national legislation by an Act of Parliament on February 1, 1991.

The Day of Mourning, also known as Workers' Memorial Day, is officially recognized in about 100 countries worldwide.

Canadian flags on Parliament Hill and at Queen's Park fly at half-mast on April 28th. The day is traditionally marked in many ways including holding public ceremonies, wearing black and yellow ribbons, lighting candles, observing a moment of silence at 11:00 a.m. and sharing stories about how workplace tragedies have touched peoples' lives.

Source: <https://www.wsib.ca/en/day-of-mourning>



Other Agency News

Welcome to: Sara Tapsell, Jasmine Milligan, Elyse Heubner, Tabatha Simonsen, Victoria Hedge, Jessica Greidanus, Mackenzie Boel, Wendy Clark.

Community Living–Central Huron is excited to announce the soft-launch of the Agency's new website, www.clch.ca. We are still in the process of developing the Employee Section of the Website and there will be a new Section for Board Members and other Volunteers.

Farewell Dale



In continuing to support our Vision and Mission, and to comply with the Accessibility for Ontarians with Disability Act (AODA) the new website has an accessibility menu in the top right-hand corner. The menu provides such features as larger text, fonts, contrast, Dyslexia friendly, etc. CL-CH is embracing the opportunity to improve the provision of information about the Agency's services, supports and resources available to people with disabilities, their families, friends, and community by investing in this redesign. We will also feature information about our community partners, regional and provincial agencies that support the vision of all citizens have the opportunity to participate in all aspects of their community.

The official launch of our new website will occur in May to coincide with Community Living Month. Thank you to thank the Volunteers and Staff that provided input and feedback in the creation of our new website. We hope you find the redesigned site interactive and easy to navigate.

Did you know?

1958 HISTORICAL HIGHLIGHT

First meeting of people interested in forming a local association for the education of children with disabilities.

Upcoming Events

Gerbera Daisy

**IN SUPPORT OF
COMMUNITY LIVING-
CENTRAL HURON**

Available at various locations
in Goderich and Clinton on
May 4, 5 and 6.

ADVANCED SALES
519-524-7362 X 216 OR
CGOODALL@CLCH.CA
OR WWW.CLCH.CA

\$5
Don't miss out!



We welcome you to check our website, www.clch.ca, or contact our office at (519) 524-7362 for information on upcoming Agency events.



16th Annual

**IN SUPPORT OF
COMMUNITY LIVING
- CENTRAL HURON**

With Offices in Clinton and Goderich

Friday, June 17, 2022
at
**WOODLANDS LINKS
GOLF COURSE**

SCRAMBLE FORMAT – SHOTGUN START AT NOON.
WELCOME GIFT FOR EACH GOLFER AND STEAK BBQ TO FOLLOW.
\$150 (\$120 FOR WOODLANDS MEMBERS)
TAX RECEIPT IN ACCORDANCE WITH CRA GUIDELINES
GOLFERS REGISTERED BY MAY 6TH ENTERED IN
— EARLY-BIRD DRAW —

If you are interested in supporting a great cause by playing, volunteering or sponsoring this event please contact the pro-shop or Community Living at 519-524-7362

Community Living-Central Huron, 267 Suncoast Dr. East, Box 527, Goderich ON N7A 4C7
Ph: (519) 524-7362 Fax: (519) 524-1511 Email: clch@clch.ca <http://www.clch.ca/donations>
E-transfer: clchboard@clch.ca (Please provide details "Annual Membership/Donation")

For more information, to make a donation, become a Volunteer or Member, please complete this section and return it to our office, address above.

- I would like to become a Member, annual cost \$5.00. I support the Agency's policies, purposes and vision. Being a Member entitles me to receive a copy of the Agency's quarterly Newsletter, information on upcoming events and activities (www.communitylivingontario.ca) and be eligible to vote at the Annual General Meeting.
- I would like more information about Community Living-Central Huron and/or I would like information on becoming a Volunteer, a Committee Member or Board Member.
- Enclosed is a donation in the amount of \$ _____. Receipts will be issued for donations of \$10.00 or more.

Membership Application Form (Please Print)

Thank you for your support!

Name & Address:

Phone No.: _____

Date: _____

Email.: _____

"People live in dignity and share in all aspects of living in their community."