



INSIGHT

January 2021 Issue

Board President Update

On behalf of the Board of Directors, I want to personally thank each and every member of the Community Living-Central Huron staff for your continued efforts and helping us get through this pandemic. I'm sure the holiday season for many were filled with mixed emotions, as we were unable to share in traditional family and/or friend gatherings, as efforts were made to keep everyone safe.

The Agency's Strategic Planning Committee, Together Better, held a meeting in late November to review progress of our 3 year plan. At the beginning of our meeting, we had a discussion about how far Community Living-Central Huron has come in 61 years, from a family grass roots movement as families refused to send their children off to institutions. It is because of these families and their advocacy to government that services and supports expanded. We can be grateful for the closure of segregated institutions and be proud of

the development of so many community partnerships and opportunities that have been created for all citizens. To look back over the past three years, it is amazing to recognize the many accomplishments; we all need to be proud of ourselves. The Agency's philosophy from the early years has transferred into our Vision Statement, "*People live in dignity and share in all aspects of living in their community.*"

At this time, the Board would also like to extend its sincere appreciation to the volunteers that have supported us over the past nine months through the pandemic. Thank you to those who donated their time to help with grocery shopping, running errands, providing personal protective equipment, delivery of egg products, financial donations and to those that have been a good neighbour. We don't know when things will get back to 'normal' but we do know together we can make a difference.

Executive Director Update

The past few months have been unlike anything else any of us have ever experienced; COVID-19 has ruled our work, social, family, recreational activities and the Christmas and New Year's holiday season. We will have memories of Christmas 2020, however, not the usual special time spent with family and friends, travel adventures or enjoying the food and tradition that would typically mark the holidays. However, as we move into 2021 with the knowledge vaccines have developed and the solace we will work together to get through this.

A brief update on the renovations to the Board's property at 267 Suncoast Drive; as you might guess progress has taken longer than originally planned. This is due to product delay, a couple of unexpected situations due to the age of the building and coordination of the supplies for the universal

washroom and file storage room. I do expect phase one of the renovation to be completed by the end of January and the entire project to be completed by the end of February 2021/ first part of March 2021.

I must say the Agency is extremely fortunate and grateful to staff for their continued support and dedication to people supported; the Agency could not have continued to provide the safe and first-class services without all of you. Your flexibility, endurance, skills and sense of humour have helped all of us get through these challenging times. Thank you also to our neighbours, community members and volunteers; your support has made some things a little easier at times when needed.

Stay Safe.

Events

Blessings Unlimited Annual Christmas Collection & Holiday Campaign:



Staff did a fantastic job collecting items for Blessings in Zurich. Families supported by our programs, also got into the giving spirit and contributed to the collection.

Blessings was thrilled to receive the van full of donations, and we were delighted to make a difference! A big thank you to everyone who contributed.

Christmas Party:

Staff of CL-CH & Individuals Receiving Support by CL-CH received a note from the CL-CH Board of Directors & Committee Members. It indicated the CL-CH Board of Directors was disappointed to announce the Annual Christmas party was cancelled due to the Covid-19 pandemic. Traditionally the holiday season is a time to come together, convey good wishes, celebrate and show appreciation to people who are important. 2020 has proven very difficult to be together. The Board of Directors, in wanting to show their gratitude, sent a note and token of appreciation to Staff and Individuals Receiving Support as a way to help make the holiday more enjoyable.

Last Light Photo Show & Sale Discontinued:

Community Living-Central Huron has decided to discontinue the Last Light Photo Show and Sale; Covid-19 impacted this decision. The event began in 2007 as a partnership between the Huron Camera Club and Community Living-Central Huron. The Huron Camera Club wanted to honour the memory of one of their founding Members, Sarah Mann. Sarah had a deep passion for photography and the community living movement. She became involved with Community Living-Central Huron initially through her position as a journalist and photographer at the Goderich Signal-Star and then as a volunteer. Sarah was very fond of taking photos of the last light of the day, 'when the sun's rays were fading and darkness was beginning to set in;' hence the Last Light Photo Show & Sale was born.

Over the past 13 years, Community Living-Central Huron was very fortunate to have tremendous community support for the Show & Sale; we are very grateful to the following sponsors:

Goderich Signal Star, The Citizen, Lighthouse Money Management, MacEwan & Feagan Insurance, Huron County Tourism - Ontario's



West Coast, Your Life in Stills Photography, Carman's Camera Goderich, Precision Print, Elizabeth Art Gallery and of course the Goderich Public Library that allowed us to host this event for 12 years at such a perfect venue. Special appreciation to all those that entered the contest over the years and the judges for taking the time to select winners in such an array of categories. Categories ranged from "Last Light" and "First Light" of day, rural life, nature, pets, colours, numbers, weather events, moving waters, Huron at Play, Huron County Community Event, etc; over 1,000 photos were submitted through the span of the Show & Sale.

Community Living-Central Huron is very grateful to Lynne and Steve Mann and Jessica (Mann) Loughlin of Lucknow for allowing us to honour Sarah's memory and passions over the past 12 years. Without their support and dedication to this event increased awareness of the Agency would not have happened. The Agency is so grateful to them for allowing us to honour their daughter and sister- thank you. For the Agency, and I think for the Mann family, it was not just about funds that were raised through this event, it was more about raising awareness and acceptance of all citizens in our community.

If you would like more information about Community Living-Central Huron or want to become involved in some way, please do not hesitate to contact us; website: www.clch.ca.

Wellness Event: Mask Contest

Happy New Year from the CL-CH Wellness Committee! We hope everyone had a safe and enjoyable holiday season. During the month of December we held a contest asking staff to decorate a face mask with a Christmas/winter theme. The results were very impressive! Check out some of the entries. Thank you to all of those who participated and for involving your loved ones at home in a fun activity for your health! We are all aware of the importance of PPE while at work, as well as out in the community and our continued compliance will bring us all closer to the end of the COVID-19 pandemic.



Community Participation Supports: “Building the Boss”

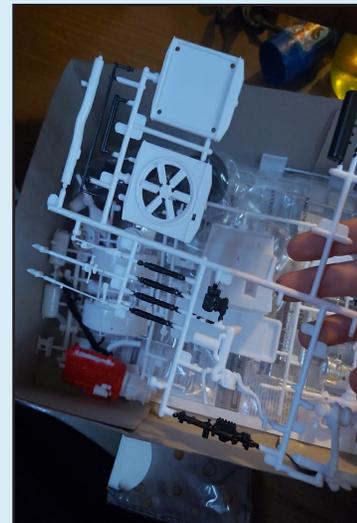
How long does it take to construct a Peterbilt Model Transport truck with over 300 separate parts? Ask Jenna King.

Jenna has the patience, concentration and skill to focus on this Labour of Love. Model building has been a passion of Jenna’s for years, and the more challenging the model, the better.

Hours of work are invested into building this “work of art” from the smallest of details to the larger body parts. Jenna also paints the final product to look exactly like the original vehicle.

This is an amazing talent and skill and we admire Jenna’s ability to engineer the design, follow instructions and build the model to perfection

Thanks for the inspiration Jenna!



Corrine’s Corner

FAVORITE RECIPE THIS MONTH

SLOPPY JOES

1 lb Ground Beef • 1 Package of Sloppy Joes powder
1 can of Tomato Paste • 1 1/4 cups of Water
Kaiser Buns

Brown the ground beef in a skillet. Add the Sloppy Joe Package, tomato paste and water. Simmer for 5 to 10 minutes until thickened. Place on Kaiser Bun. Get lots of extra napkins and enjoy!!

Health & Safety Corner

The 11th annual Bell Let’s Talk Day will be held on Thursday, January 28, 2021.

5 simple ways to end the stigma and start a conversation.

Language matters

The words you use can make all the difference. Words can help, but they can also hurt. What would you choose?

X Schizo ✓ Person with schizophrenia
X Crazy ✓ Person with a mental illness

Educate yourself

When it comes to mental illness, education is key. Having the right tools, knowing the right words to use and understanding how to correctly speak with someone experiencing a mental illness can make all the difference. View the Bell Let’s Talk Toolkit

Be kind

Simple kindness can make a world of difference. Whether it be a smile, being a good listener or an invitation for a chat over coffee, these simple acts of kindness can help open up the conversation and let someone know you’re there for them.

Expressions like “You’ll get over it” and “Just relax” can hurt more than help. Instead, offer your support and say “I’m sorry

you aren’t feeling well” or better yet, ask what you can do to help.

Listen and ask

Mental illness is a very common form of human pain and suffering. Being a good listener and asking how you can help or simply just being there for people you care about can be the first step to recovery.

Here are a few examples of what to ask:

- I’m sorry you aren’t feeling well.
- I’ve noticed you’ve been down lately. Is everything ok?
- How can I help?

Talk about it

Two out of three people suffer in silence, fearing judgement and rejection. Being open to conversation is the first step towards eliminating the stigma.

Know the facts, be kind, be a good listener and a friend. Be part of the conversation to eliminate the stigma once and for all.

Source: <https://letstalk.bell.ca/en/>

Other Agency News

Welcome to

Kimberley Buttineau, Brayden Knox, Joanne Smith, Karan Barton, Chantel Giuliano.

Upcoming Events

At this time due to the pandemic, the Agency's Action Committee has postponed the Heartwarming luncheon this year. Stay tuned.

Gerbera Daisies Fundraiser:

The annual Gerbera Daisy Sale, held at various locations in May, just ahead of Mother's Day, gets Community Living month off to a colourful start. Individuals involved with the Employment Support Program organize the sale in the week leading up to Mother's Day. At this time, due to Covid, plans are tentative.

Golf Tournament:

The Golf Committee is hoping the 15th annual golf tournament for June, 2021 will occur.



Jeff was excited for the opportunity for a meet and greet with Ryan O'Reilly, Captain of the St. Louis Blues of the NHL. Ryan O'Reilly autographed his Jersey as an item for Community Living-Central Huron's Golf Tournament. Jeff also received a personal autograph, which he treasures.

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



Thank you for your past, present and future support! The Agency has embarked on a project to send the INSIGHT Newsletters via email.

If you would prefer to receive your INSIGHT Newsletter electronically, as a pdf document, please provide your email address to Judy Sinclair, Admin. Assistant – Finance at jsinclair@clch.ca.

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>

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.
- 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.: _____

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