



INSIGHT

July 2021 Insight Newsletter



Members and previous donors of Community Living-Central Huron are entitled to receive a copy of the Agency's INSIGHT newsletter. The Agency has embarked on a project to send INSIGHT newsletters via email, instead of by mail. If you 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. If you would like your name removed from our mailing list, also please let Judy know.

Executive Director Update

Summer 2021, we are all hoping that each day brings us closer to post Covid-19; as it has been a challenging time for everyone. The Agency is encouraging anyone who can get the vaccine to do so, as it will assist us in getting through this. We look forward to Step 3, being able to gather more freely and attend some community events and outings.

We are planning for our Annual Golf Tournament (15th), August 27th; the Golf Tournament has annually been the largest fundraiser for the Agency. The Board has not hosted any fundraisers since March 2020; therefore are grateful to the Golf Committee for their vigour and enthusiasm for planning this event.

The Board welcomes a new Board Member, Liz Hardy; thank you Liz for joining the team, we look forward to working with you. As staff we appreciate the work of all Board Members, their support,

direction and guidance. In June, the Board issued a letter to our MPP, Lisa Thompson advising the government the wage enhancements provided through the pandemic must continue and become part of our annualized funding. At the Annual General Meeting on June 23rd, a change was made to the Agency By-Laws that now provide for an electronic or other communication device that permits all participants to communicate with each other during meetings.

Congratulations to Staff that are part of the Staff Recognition Program; thank you for your years of dedication and service. Also, continued appreciation to all Staff for their support and commitment over the past number of months; Covid-19 has made everything more difficult for all of us; we could not have kept people safe without you.

Stay Safe. Rosemary

Huron Respite Network Summer Happenings with Shannon

Hi everyone! My name is Shannon and I'm working at CL-CH through the new Canada Summer Jobs Program. I am so excited to be a part of the team. Some of the exciting things I look forward to doing this summer, is assisting Huron Respite Network with the "Make and Take Tie Dye Days" across Huron County and HRN'S Pet Photo Contest (I hope you already emailed me your pet's photo!!).

I'm also going to be helping with day to day office administration supports for



various programs. Part of my roll will be researching opportunities and events going on in our community and sharing with everyone on a weekly basis, so keep an eye out for that! This summer I intend to learn all I can about Community Living-Central Huron and the many ways our agency contributes to a thriving community. Watch for posts on our agency's Facebook page highlighting programs, services and positivity! You can find us on Facebook at <https://www.facebook.com/CommunityLivingCentralHuron>

Wellness Committee Update



TIPS TO BEAT THE HEAT

- Drink plenty of cool water, even before you feel thirsty
- Go to an air-conditioned place
- wear loose, light-coloured, breathable clothing when outside
- consult with your doctor or pharmacist on medications that may increase your risk to heat
- never leave a person or pet inside a car
- avoid intense physical activity
- avoid the sun and stay in the shade or use an umbrella
- take cool showers or baths or use cool wet towels to cool down

Community Participation Supports



KEEP WORKING TOWARDS A GOAL

During Covid-19, Ashlyn has continued to challenge herself to learn new skills and refine her techniques. Initially working virtually with her mentor, she began her journey around her interest and passion in quilting.

With a brand new nephew on the way, her determination to learn stretched her comfort zone and patience even further with the creation of a beautiful baby quilt. Presenting her handmade quilt to her newborn nephew was definitely a highlight for Ashlyn over the past year.

Once her quilting skills were mastered, she began to learn stitching and immersed herself in some challenging sewing projects. Her hard work paid off as Ashlyn and her mentor created book bag pillows; a fun pillow with a handle that doubles as a book carrier. These book bags are not only attractive, but practical. Encouraging young people to select, carry, read books and develop connections with others, while snuggled up on a funky pillow.

Ashlyn hopes as she continues to build her stock that she will sell them at farmers markets and craft shows in the future. Thanks Ashlyn for inspiring all of us to try something new and working diligently towards a goal.

Health & Safety Corner

HOW MUCH WATER SHOULD YOU DRINK PER DAY?

YOUR BODY IS ABOUT 60 PERCENT WATER.

THE BODY CONSTANTLY LOSES WATER THROUGHOUT THE DAY. TO PREVENT DEHYDRATION, YOU NEED TO GET PLENTY OF WATER FROM DRINK AND FOOD EVERY DAY.

HEALTH EXPERTS COMMONLY RECOMMEND EIGHT 8-OUNCE GLASSES, WHICH EQUALS ABOUT 2 LITRES, OR HALF A GALLON A DAY.

YOU MIGHT NEED MORE WATER THAN SOMEONE ELSE. HOW MUCH WATER YOU NEED ALSO DEPENDS ON:

WHERE YOU LIVE. YOU WILL NEED MORE WATER IN HOT, HUMID OR DRY AREAS.

YOUR DIET. IF YOU DRINK A LOT OF COFFEE OR OTHER CAFFEINATED BEVERAGES YOU MIGHT LOSE MORE WATER THROUGH EXTRA URINATION. YOU WILL LIKELY ALSO NEED TO DRINK MORE WATER IF YOUR DIET IS HIGH IN SALTY, SPICY OR SUGARY FOODS.

THE TEMPERATURE OR SEASON. YOU MAY NEED MORE WATER IN WARMER MONTHS THAN COOLER ONES DUE TO PERSPIRATION.

YOUR ENVIRONMENT. IF YOU SPEND MORE TIME OUTDOORS IN THE SUN OR HOT TEMPERATURES OR IN A HEATED ROOM, YOU MIGHT FEEL THIRSTIER FASTER.

HOW ACTIVE YOU ARE. IF YOU ARE ACTIVE DURING THE DAY OR WALK OR STAND A LOT, YOU'LL NEED MORE WATER THAN SOMEONE WHO'S SITTING AT A DESK. IF YOU EXERCISE OR DO ANY INTENSE ACTIVITY, YOU WILL NEED TO DRINK MORE TO COVER WATER LOSS.

YOUR HEALTH. IF YOU HAVE AN INFECTION OR A FEVER, OR IF YOU LOSE FLUIDS THROUGH VOMITING OR DIARRHEA, YOU WILL NEED TO DRINK MORE WATER. IF YOU HAVE A HEALTH CONDITION LIKE DIABETES, YOU WILL ALSO NEED MORE WATER.

PREGNANT OR BREASTFEEDING. IF YOU'RE PREGNANT OR NURSING YOUR BABY, YOU'LL NEED TO DRINK EXTRA WATER TO STAY HYDRATED. YOUR BODY IS DOING THE WORK FOR TWO (OR MORE), AFTER ALL.

SOURCE: [HTTPS://WWW.HEALTHLINE.COM/](https://www.healthline.com/)
 WRITTEN BY KRIS GUNNARS, BSC – MEDICALLY REVIEWED BY NATALIE BUTLER, R.D., L.D.
 UPDATED ON NOVEMBER 5, 2020

Other Agency News

GODERICH QUILTERS' GUILD

THANK YOU TO THE GODERICH QUILTERS' GUILD!

The Goderich Quilters' Guild donated several hand quilted postcards for the enjoyment of people supported in congregate living. Knowing people having been going through challenging times for the past year and half, it was very much appreciated to have such lovely, creative art to enjoy.

After everyone has an opportunity to enjoy the postcards, the Agency plans to "pass forward" the enjoyment to a local retirement home.

Here's a few samples of the Quilters' Guild work:



Corrine's Corner

Corrine has been assembling bingo cards. It's going well and will be a busy summer for those working on them.

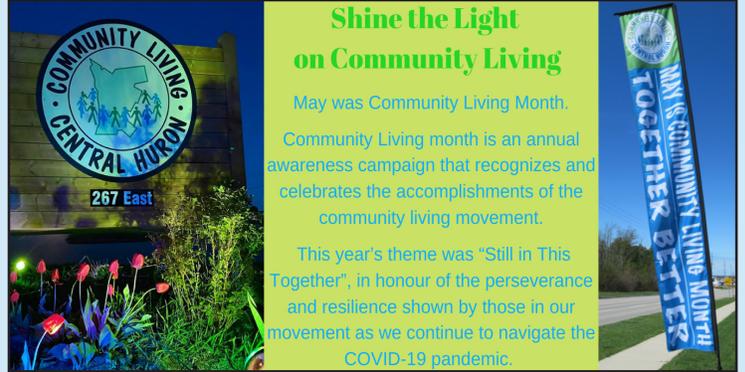
Other Agency News

Welcome to: Jennifer Iles, Patricia Sanderson, Ally Campbell.



Congratulations!

Paige Grandchamp on the birth of your baby girl, Jersey, born May 19, 2021.



Shine the Light on Community Living

May was Community Living Month.

Community Living month is an annual awareness campaign that recognizes and celebrates the accomplishments of the community living movement.

This year's theme was "Still in This Together", in honour of the perseverance and resilience shown by those in our movement as we continue to navigate the COVID-19 pandemic.

Annual General Meeting

This year the Agency's Annual General Meeting was held, virtually, on Wednesday, June 23, 2021 at 3:00 pm.

2021 Scholarship Award Winners

Community Living awarded Evelyn M. Carroll Scholarships to deserving post secondary school students, Teag Brohman and Kaylee Ives. Teag is attending Algonquin College and Kaylee is attending Fanshawe College.

Staff Recognition Awards

The Staff Recognition Program honours staff for their years of service. This program is in its 23rd year. Our staff are truly dedicated to working with individuals to ensure inclusion in our community.

5 Year

Andria Croteau
Kristen Oudshoorn
Carolyn Eanshaw
Angela Preszcator

10 Year

Lynne Armstrong
Dave DeVries
Heather Mighton
Shannon Boughen



25 Year

Cheryl Sinnett
Brian Chambers



35 Year

Barb Hicks
Rosemary Foran



Upcoming Events

15th Annual Goderich & District Golf Classic

The Golf Committee is planning the 15th annual golf tournament to be held on Friday, August 27, 2021.



15th Annual
**GODERICH & DISTRICT
GOLF CLASSIC**

Friday, August 27, 2021
at
Goderich Sunset Golf Club

Tournament Proceeds in Support of
*Community Living -
Central Huron*

REGISTRATION (\$200: \$150 FOR SUNSET MEMBERS) INCLUDES AN
OPTIONAL PRACTICE ROUND WITH CART ON THURSDAY, AUGUST 26TH.

TEE TIMES: NOON - 2:00PM ON FRIDAY, AUGUST 27TH.
SCRAMBLE OR STABLEFORD FORMAT. FOOD, REFRESHMENTS, FUN.
WELCOME GIFT FOR EACH GOLFER

LIMITED TAX RECEIPT.

GOLFERS REGISTERED BY AUGUST 3RD, WILL BE ELIGIBLE FOR AN
- EARLY-BIRD PRIZE -

If interested in becoming a sponsor or playing in the tournament,
please contact Community Living-Central Huron at 519-524-7362.

In June 8, 2021 Edition of Goderich Signal Star



**Time for golf again as
Community Living prepares
for annual tournament**

The Annual Community Living-Central Huron Golf Classic will take place this year on Friday, Aug. 27 at Sunset Golf Club.

The tournament, which is traditionally held in late June, was moved this year, so that more people can participate safely and comfortably. The tournament was not held in 2020 due to pandemic concerns.

The tournament began in 2007 and is played in a scramble format over 18 holes. Sunset Golf Club has always been home to the tournament and this year the course is in fantastic condition and ready to accommodate the golfers.

The tournament is a low-key, fun event open to all, with mixed teams and it features an optional practice round on the day prior to the tournament.

The tournament supports the work of Community Living-Central Huron, which aims to help people with developmental disabilities to live in dignity and participate fully in our community.

Individuals or teams wishing to participate in this fun event can contact Community Living-Central Huron (519-524-7462) or Sunset Golf Club (519-524-8047)

Handout

Goderich Resident Jeff Longmire and Stanley Cup Champion Ryan O'Reilly show off a signed jersey that will be up for auction at the 2021 Community Living Golf Tournament.

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, 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."