



INSIGHT

October 2021 Issue

October 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

We are excited, just as I'm sure all citizens are as we seem to be turning the corner with Covid, as more people get vaccinated and restrictions begin to loosen, good news! Let's hope we continue to move forward with opportunities to gather with family and friends over the upcoming holiday season.

The Agency did host the Annual Golf Classic on August 27th; we are very appreciative of the enterprising Golf Committee Chair and Members, as they were able to raise over \$24,000. – Congratulations and THANK YOU. Appreciation is also extended to the many sponsors, golfers and volunteers, we could not do this without you. Our Board is optimistic other community awareness and fundraise events can take place in 2022, stay tuned.

The Board remains committed to strategic planning, and is resuming its Strategic Planning Committee this fall. The Agency's Vision and Mission will continue to guide the work moving towards full inclusion, delivering exceptional services, improving organizational culture and increasing awareness, advocacy and partnerships. Over the past year and half, moving to full inclusion was halted as all of us were living with restrictions and little opportunity to access our communities.

Agency staff have continued to demonstrate their commitment and support; the Board of Directors is very appreciative of your dedication. Recently the Provincial Government has announced its commitment to continue to provide for the Temporary Wage Enhancement of \$3.00/hr. to direct support staff, to March 31, 2022. This wage enhancement is very much needed and well deserved to our staff.

Wellness Committee Update



Walking Wrap-Up!

Huge thank you and kudos to those who participated in the Step Challenge that took place in July!

Over the course of 17 days during the scorching summer heat, employees were challenged to walk over 10,000 steps each day. Out of all the participants, we had two employees who met the challenge head on and surpassed the goal each day of the challenge. Big shout-out to Dawn Crook and Mary Lamb! Combined, they walked a whopping 452,939 steps!

Walking is a simple and free activity with many physical and psychological benefits; so be sure to get out with family and friends to enjoy the beautiful Fall scenery!

WELLNESS BOOK AND PODCAST RECOMMENDATIONS



Kind World Podcast
Happiness Podcast



Outer Order, Inner Calm
This Messy, Magnificent Life

Huron Respite Network

It's not too late! If you haven't answered our survey before, there is still time! Huron Respite Network and their community partners want your input for the planning and provision of respite in the County. If you receive respite or caregiver support or are a provider

of support, we want to hear from you. If you have already responded, we thank you very much. If you have any questions, please don't hesitate to call us. Responses will remain confidential, but if you have more to add, contact us – we'd love to chat!

FAMILY CAREGIVERS

We want to hear from you!

- Are you a primary caregiver of a family member?
- Do you live in Huron County?
- Do you currently receive Respite Services?
- Are you looking for caregiver respite?



Please tell us about your needs and your experience with Respite.
Contact us for a survey link or a paper copy.

https://www.surveymonkey.com/r/Family_RESPITE_Survey

Huron Respite Network

cgoodall@clch.ca
519-524-7362 x 216



EMPLOYMENT ONTARIO

RESPITE PROVIDERS/ MENTORS/ SUPPORT WORKERS

We want to hear from you!

- Are you a respite provider, mentor or support worker?
- Do you live in Huron County?
- Are you currently providing caregiver or respite support?
- Have you previously provided support?



Please tell us about your experience including your barriers to provide support. We value your input!
Contact us for a survey link or a paper copy.

<https://www.surveymonkey.com/r/RespiteProvider2020>

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EMPLOYMENT ONTARIO

Community Living-Central Huron loves to find ways for people to enjoy their community and try new things. What better way to explore the community than on a bike ride with friends! CL-CH along with Huron Respite Network and 360 Bikes 'N Boards are making that happen. CL-CH and HRN have donated a wheelchair bicycle tandem to the fleet of bike, kayak and paddleboard rentals at 360 Bikes 'N Boards. Starting in the spring of 2022, the wheelchair

bike will be available to any residents and visitors including; seniors, those who use a wheelchair, or anyone who would benefit from the "extra push". 360 Bikes 'N Boards, located on the Square in Goderich will be maintaining and servicing the bike free of charge. The bike will be available to rent online at 360bikesnboards.com or by contacting the business in the spring.



Caregiver Coffee Break

For Parents/Caregivers caring for a child with disabilities, autism or mental health concern. Drop in for a chat and checkin with other families. Parent/Caregiver discussions and support. Opportunities for Parents/Caregivers to share successes, challenges and strategies.

Virtual coffee Break

3rd Tuesday every month.

Email respite@clch.ca or call/text 519-440-6880 for Zoom Link



Rural Response for Healthy Children

Community Participation Supports

Ashlyn has always been passionate about photography and was determined to pursue her dream of a career in this field. With the support of her mentor, her own resourcefulness and dedication, this dream is becoming a reality. Ashlyn thoroughly researched camera equipment and the various lenses she would need and was able to utilize her Passport funding to acquire this professional equipment. In June, she registered for an accredited online Diploma course through the Photography Institute of Canada. She is working diligently, has completed two modules and is thrilled with the success to date. To further her experience and skills in newborn, family & wedding photography, she successfully sought out an apprenticeship with a local photographer. Congratulations Ashlyn on your entrepreneurial journey!



Health & Safety Corner

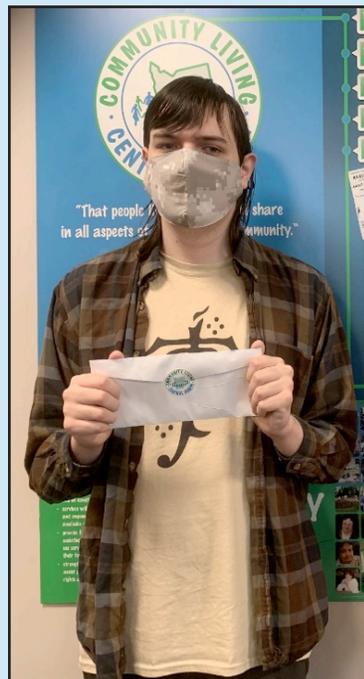
YARD WORK SAFETY

- Take 5 to 10 minutes to warm up your muscles by doing light exercises or stretching before starting your yard work.
- Dress properly for working outside in the yard by wearing long pants, a long sleeved shirt and sturdy comfortable shoes.
- Keep children and pets away from the area when you are doing yard work.
- Have the right tools for the job you are doing.
- Rakes should be comfortable and the right size for your height and strength.
- Wear gloves while you are doing any type of yard work to help prevent your hands from blistering.
- Yard work such as raking involves repetitive motions. Changing your position often helps to prevent muscle pains and cramps from occurring.
- Always watch for low branches, large rocks and tree stumps.
- Be aware of uneven ground surfaces and slopes.
- When you pick up leaves, do not bend over from the waist. Bend from the knees.
- Do not overfill leaf bags.
- Do not carry full bags of leaves over your shoulder.
- When you are weeding, a half kneeling position is safer than bending forward.
- Wet leaves are very slippery. Make sure to wear boots or shoes with soles that are slip resistant
- When you are using a ladder make certain it is firmly on the ground. Never climb to the top of a ladder.
- When you are pruning hedges, hold the pruning shears close to your body.

Source: <https://safety.lovetoknow.com/personal-safety-protection/yard-work-safety>

2021 Scholarship Award Winners

Community Living-Central Huron 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.

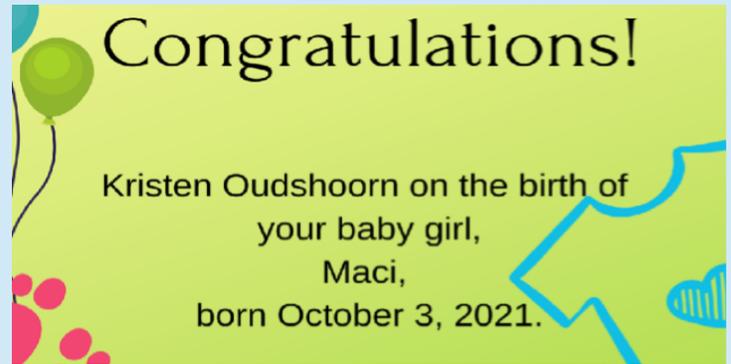


15th Annual Goderich & District Golf Classic

The 15th Annual Goderich & District Golf Classic was held on Friday, August 27, 2021 at the Goderich Sunset Golf Club. The event raised just over \$24,000; astounding! Taking into consideration the Pandemic regulations and restrictions, the Golf Committee Chair and Members are commended for a job well done!

Other Agency News

Welcome to: Susan Madsen, Hardik Paradva, Andre Pascal, Punita Singh, Kevin Adair, Gina Goldsmith.



Upcoming Events

Heartwarming Luncheon:

We are hopeful this event can take place in some format; tentatively on Friday, February 11, 2022.

Gerbera Daisy Fundraiser:

Sales traditionally take place the week before Mother's Day (May 8, 2022).

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

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."