



INSIGHT

January 2023 Issue

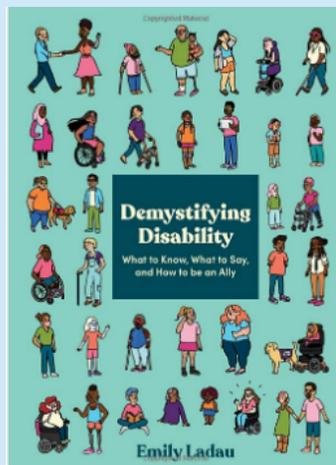
Executive Director Update

January's theme at Community Living-Central Huron (CL-CH) is 'Putting People First'. Throughout the month we are encouraging each other to consider our language and provide supports based on peoples lived experiences; are people included in the decisions that affect their life? Staff are encouraged to help people we support understand their rights – human rights, citizenship rights, accommodations rights and language rights. Putting people first moves us in the right direction of people living in dignity and sharing in all aspects of living in their community!

disabilities may not be physical or even visible: they could be learning, developmental or intellectual disabilities, or mental or chronic illness, to name a few.

But as common as disability is, not many people know how to talk about disability or how to interact with disabled people.

"To so many people, [disability] remains a mystery, this very scary and overwhelming topic," says disability rights activist and writer Emily Ladau. "We don't talk about it. We ignore it. We shy away from it. We hide it away. But that's not what we should do when it comes to disability, because it's just something that's part of what makes people who they are."



To the left is a resource that is an excellent read and a way for YOU, the community, to better understand disabilities.

More than 1 billion people - nearly 15% of the world's population - experience some form of disability.

So it's probably safe to say that you know someone with a disability or might be disabled yourself. To be clear, these

Interested in reading this book? We have copies available at CL-CH. It is also available through the Huron County Library!



Mary Lamb Retires



Mary Lamb has worked for Community Living-Central Huron for almost 44 years. Mary has dedicated her career to improving the lives of people with intellectual disabilities. She started at CL-CH as a relief Residential Support Worker, eventually advancing to the position of Coordinator

of Adult Services. Mary has been an anchor within the agency holding much of its history and details of where we came from and still, where we need to go. Mary has always believed in our mission, vision and guiding principles which created an atmosphere of striving for inclusion and strong advocacy for all people supported.

In Mary's words, "My hope has always been and will continue to be, the people the Agency supports will live fulfilling lives as community members. To me, this would mean all people truly being part of an inclusive and diverse community, surrounded by natural and caring relationships."

We wish Mary all the best in her retirement.

WELLNESS PODCAST AND BOOK RECOMMENDATIONS



Ten Percent Happier Podcast with
Dan Harris

Make Some Noise with
Andrea Owen

The Ripple Effect: Sleep Better,
Eat Better, Move Better, Think
Better by Greg Wells, PH.D



When the Body Says No. The
Cost of Hidden Stress by Gabor
Mate, MD

Community Participation Supports

Never stop working towards
your dreams.



THANKS FOR THE
INSPIRATION.
CONGRATULATIONS
CHANTELLE.

Fashion can be many things – it is functional, a form of expression, a showcase of aesthetics and a creativity outlet.

Chantelle knows this well, she has always had a flair for fashion and working in the field. With continued support from her mentor, self-determination and perseverance Chantelle has began working at a local clothing store. With her creativity and knack for flair we are excited to see what the future holds for you!

Snoezelen Room Update

We're excited to announce our Snoezelen Room updates will soon be complete.



In the spring, the Snoezelen Room will be open for use on weekdays. Cost to use the room is **\$2 per time** and is free of charge for those who have purchased an annual **\$5** Community Living-Central Huron membership.

The Snoezelen Room is a controlled, multisensory and therapeutic environment which helps reduce agitation and anxiety through the use of gentle light, soothing sounds and textures. The Snoezelen can excite users through stimulating sounds, visuals and music. It's a place where people of all abilities can relax and share in the magic of play, meaning **anyone** can access it!

FILM CLUB

DO YOU LIKE FILMS AND CONNECTING
WITH THE COMMUNITY?

COME JOIN US AND ENJOY
WATCHING FILM SHORTS AND
FULL LENGTH FILMS THAT
SUPPORT OUR GOAL OF
HOSTING A FILM FESTIVAL
DURING COMMUNITY LIVING
MONTH!

FOR MORE INFORMATION CALL JOELENE OR MELLISA 519-524-7362



Other Agency News

Welcome to: Chelsea Russell, Shiju Joseph, Stefania Masowa, Melissa Lee, Mackenzie Lavalliere, Denise Folkes, David Collier, Chrissy Armstrong, Dylan Fidler.



DID YOU KNOW CL-CH HAS AN EMPLOYEE REFERRAL PROGRAM?

If there is someone in your life you believe would be a great fit for the Agency, simply complete Policy form E-023 and have the individual submit their resume to hr@clch.ca.

What a simple way to earn some cash and spread the feeling of fulfillment you get working in the Developmental Services field!



Blessings Community Store Annual Food & Toy Drive



For many years, Blessings Community Store in Zurich has assisted people we support, the programs we offer and community as a whole.

In the spirit of Giving Tuesday, our Executive Director matched donations given at our office between November 29 and December 2, 2022.

A big thank you to everyone who contributed to our annual Blessings collection.

Upcoming Events

Gerbera Daisy Sale

The Gerbera Daisy Sale is an annual event that takes place in May, the week before Mother's Day.

Hope to see you there!



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>
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."