



INSIGHT

October 2023 Issue

Executive Director Update

Community Living-Central Huron continues to be supported by a dedicated and committed Board of Directors and volunteers. As fall approaches many of our standing committee meetings and regular board meetings have commenced. We continue to be guided by our core values and to respond to the needs of families and the people we support in the work we do. This is illustrated each time we meet for our Together Better meeting; an ad-hoc committee related to our strategic plan.

In the role as Executive Director, I often reflect to ensure we are always working towards our vision. *People live in dignity and share in all aspects of living in their community.* Each person we support is unique and has their own vision for what their life should look like. There is a no 'one size fits all' to the services we provide and I am so inspired by staff who are willing to think outside the box, and encourage the people we support to do the same!

As we lean into fall, there has been a flurry of activity here at Central Admin. Staff have been involved in professional development opportunities specific to personality dimensions, CPI training, leadership and more! We also have the pleasure of having a co-op placement from GDCI and would love for everyone to get to know her better! Checkout the Q and A with Lucy below!.

MEET LUCY

Lucy is 17 years old and in 12th grade at GDCI. She has her co-op placement here at Central Admin every morning during the first semester. Let's hear what Lucy has to say:



Q. What 3 words best describe you?

A. Pink, happy and creative.

Q. What is one thing you can't live without?

A. My cell phone.

Q. What is an interesting fact people may not know about you?

A. I live at summer camp (camp Kintail) for half of the year.

Q. What do you want to be when you grow up?

A. A Journalist.

Q. What is your favourite food?

A. Cake, any kind!

Q. Where would you like to go on a dream vacation?

A. London, England.

Q. Where do you see yourself in 5 years?

A. Hopefully out of school.

Q. What would you like to be famous for?

A. My skiing.

Q. What makes you happy?

A. My dog Gracie.

Health and Safety Committee

Fire Prevention Week is October 8-14, 2023



Cook with Caution

- Be on Alert!
- Stay in the kitchen
- Keep flammable items away from cooktop
- Have a "kid-free zone"

Have a Safe Holiday Season
from your
Health & Safety Committee

Employment Support

October is National Disability Employment Awareness month, which celebrates and highlights the significant role people with disabilities play in Ontario's workforce.

At CL-CH, the Employment Support team provides job readiness, skills development and job coaching for competitive employment and traditional volunteer work in the community.

We support adults who reside in the Central Huron area, in their self-directed journey, to develop and achieve their individualized goals. In the month of September, we supported 23 people in 37 different paid jobs and 5 people in 3 volunteer positions in our community.



Huron Respite Network

It was a GREAT summer with lots of camp fun, Teen Talk pop-up events, volunteer fairs, caregiver connection meet ups, community festivals, gardening, movie nights, match meetings and so much more! We could go on for pages, but we have some exciting news we want to focus on...

The Huron Respite Network (HRN) is proud to announce 2 new programs beginning in October! With the generous support of Community Living South Huron (CLSH) and Vanastra Christian Reformed Church, we will be hosting a group for 8-12-year-olds and 13-18-year-olds. HRN will be providing all participants with dinner, meaningful learning opportunities and a chance to hang out with others while we craft, bake, and get sporty. We are thrilled to partner up with others, so we can better support children and youth across Huron County.

More about our curriculum - The Decider Life Skills are winning strategies for mental health. They are twelve Cognitive Behaviour Therapy (CBT) and Dialectical Behaviour Therapy (DBT) informed life skills, designed to be taught to groups and individuals using a fun, creative and interactive style. Demonstrations, music, props and visuals bring the skills to life making them memorable and easy to learn.

And there is more...HRN will be starting back up with regularly scheduled monthly offerings! We adore autumn and can't wait to get back into the swing of things. We hope to see you soon!



Teen Talk Climbing Event



Goderich Movie Night in the Square



Community Garden

UPCOMING HRN EVENTS!

- Teen Talk on September 28 at 5:30-8:30 pm at Boston Pizza Goderich
Theme: Social Skills Situations
- Caregiver Connections on October 10 at 6:30-8:00 pm at
32B Centennial Dr. Seaforth
Theme: Harvest - Gratitude Jars & Mindfulness
- Sibshops on October 20 at 10:00 am - 1:00 pm at 267 Suncoast Dr.
Goderich
Theme: All About Me, Being an Ally and Super Powers

"A fallen leaf is nothing more than a summer's wave goodbye."

Garden Club

Community Living-Central Huron is proud to be grounds of an accessible community garden! We have now experienced a full season (plant to harvest). We started with The Queen's Platinum Jubilee grant and followed our dreams from there. As of 2023 we have poured concrete, placed all of our raised beds and added a garden barn to house all of the tools required.

In February, seedlings were planted in cups and grew inside before the garden was ready. The plants were transplanted from the cups to the garden in July. We lost track of what seeds we planted, so were amazed by what we were picking. This year we grew tomatoes, sweet peas, beans, marigolds, cucumber, lettuce, spinach, arugula, onions, peppers and strawberries. We made lots of mistakes, but continue to learn from them.

After we harvested the vegetables, we enjoyed eating what we picked. Sometimes we just cut it up, and other times we made a meal out of it. We want to show people that cooking can be fun and you do not need an oven to make good food. When we didn't eat all the vegetables we harvested, we donated them or sent them home with the hard working members of our group.

Our plan for the garden next year is to plant some new seeds like garlic, radish and carrots. We will also continue to harvest seeds from this year to add back into the garden. We have plans to swap seeds with other fellow gardeners as well.

So far the garden is helpful to people using wheelchairs to walkers, and anyone in between. We want everyone to be able to come and enjoy this space! We are planning to add even more cool stuff next year, like wind chimes, benches, more herbs, and other plants that cater to the senses. We also hope to attract more pollinators and bees to our space.

We welcome ALL people to come to the garden. Every Thursday a group of 6+ dedicated people work in and around the garden, but we'd love to see even more neighbours and friends. The group started by word of mouth and then was introduced on our social media platforms. We would love to invite more people to come and grow with us.



Community Support for Families

CSFF hosted a free, online workshop on September 27th with the TD bank. The workshop was called Money Matters Spending Plans.



A coat drive is currently taking place. If you'd like to support it, you can drop coats off at our Clinton or Goderich office by October 13th. We'd especially like any kids coats that your family might not be using this year.

The coats will be going to the Salvation Army.



In order to make sure training stays up to date, our Staff will be attending workshops in the near future.



Wellness Committee

Staff pumpkin/painting contest will take place in October. It'll be a take home activity and photos can be sent in for judging. Stay tuned.

The Wellness Committee is looking for Staff representatives from a few locations. An email will be sent with more details.

Staff will have the opportunity to snuggle a puppy. More information to come.



Other Agency News

Welcome to: Leeshelle Cortez, Natasha Atwell, Lisa Scheuermann-Sanders, Richard Boyne, Danielle Archer, Anita Morgan, Kerri Eckert, Cheryl Lynch, Lucy McDonald-Lee.

Teag Brohman was this year's Evelyn M. Carroll Scholarship recipient. Teag was accepted into Durham College's Animation-Digital Production program. Congratulations Teag!

Judy Sinclair, Finance – Administrative Assistant, is retiring on Tuesday, October 17, 2023. Thank you, Judy, for being a wonderful, dedicated employee for over 12 years. Happy retirement!

"The key to retirement is to find joy in the little things." –Susan Miller

Our Holiday Open House takes place on Friday, November 24, 2023 from 6:00 p.m. to 8:00 p.m. at the Central Admin Building, 267 Suncoast Drive East, Goderich. There will be a musical interlude, festive events and light refreshments. Everyone is welcome!


The Annual Heartwarming Luncheon will be held on Friday, February 9, 2024 at the Goderich Legion.

JULY 2023

AT THE WATER COOLER

5,000 BOTTLES SAVED

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A cold water cooler was installed at our Central Admin office after renovations were completed.

In May 2022, Staff had a friendly competition to see who would fill up their water bottle and see 1,000 bottles saved.

In just over a year, we've saved an additional 4,000 bottles. Awesome!!



Blessings Community Store

Annual Food & Toy Drive



This Christmas season, our Goderich office will be collecting food and toys for Blessings Community Store in Zurich.

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

Collection will take place from November 13 to December 1, 2023. Food items needed are:

*apple juice	*apple sauce	*chocolate
*cookies	*crackers	*cranberry sauce
*jello	*maple syrup	*pie filling
*pineapple	*stuffing	
*pancake mix (add water only)		

Donations welcome. Help bring joy to those in need.



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

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