



INSIGHT

January 2024 Issue

Executive Director Update

Happy New Year! As we step into 2024, we're filled with excitement and anticipation for the opportunities and adventures this year holds for all of us. It is not just another year, it is a milestone for us as we celebrate our remarkable 65th anniversary.

For six and a half decades, Community Living-Central Huron has been dedicated to supporting individuals in living their best lives; lives filled with choice, dignity and active participation in every facet of our wonderful community. As we embark on this new year, we invite you to join us on our journey of celebration and continued growth.

Stay connected with us by liking our Facebook page or following us on Instagram, where we'll be sharing updates on upcoming events and exciting plans for our 65th anniversary!

We are currently seeking new Board Members to join our dedicated group of volunteers. If you're passionate about our mission and interested in making a positive impact in the community, please consider applying. To express your interest or learn more about the responsibilities, feel free to contact me at nsteenstra@clch.ca or call 519-524-7362 ext. 203.

To inspire us all, as we navigate this journey together, knowing we still have a long way to go, let me share a quote that summarizes the essence of our mission:

"Alone, we can do so little; together, we can do so much." — Helen Keller

Lucy, Co-op Student, Update

One thing I've enjoyed during my placement at Central Admin is meeting new people. I've met lots of people I would, otherwise, never have met. Sadly, this is the last month of my placement.

Over the course of five months, I have done lots of different tasks; I've helped write newsletters, prepare for the Holiday Open House and do administrative work.

I enjoyed helping out with the Holiday Open House. I created flyers and went around town to hand them out. I was also in charge of the office door decorating contest. Guests at the Open House had fun guessing what holiday song, went with which door. Below are six doors pictures for you to guess.



SONG TITLE SUGGESTIONS

- *Grandma Got Run Over By A Reindeer
- *I Saw Mommy Kissing Santa Claus
- *Jingle Bells
- *Let It Snow
- *Rocking Around The Christmas Tree
- *Run Rudolph Run
- *Silver Bells
- *Winter Wonderland

Lucy, Co-op Student, Update Continued

One exciting thing that happened recently is my service dog. His name is Elwood and he's a well trained dog. I've been wanting a service dog for many years, so I'm very happy I got one. Some common questions I get asked are:

Q. Can I pet your dog?

A. If his vest is on, then no. If his vest is not on, then ask me before touching Elwood.

Q. Can I give the dog food/treats?

A. Please do not feed my dog, no matter if the vest is on or off.

Q. What does the dog do to help?

A. He can open doors using the automatic buttons, close doors with his nose, fetch items off the ground and bark for help as needed. Elwood will only listen to me when I say commands.



Health and Safety Committee



Falls involving ice, sleet or snow are one of the biggest winter risks.

Please keep all walkways shovelled and salted regularly.

Let's keep everyone safe this winter season.

From your
Health & Safety Committee

Foundations Huron



VOICES was facilitated twice in the Avon Maitland District School Board where students from a variety of schools discussed all of our different feelings and emotions, as well as helpful tips for controlling them.

They explored effective ways of acknowledging and expressing our feelings, ways to communicate and talked about our rights and responsibilities as adults. The days finished off with creating positive affirmation bracelets.

Feedback from students:

- Loved the socializing
- Learning about feelings
- Loved the pizza
- “Not scared this time because I came to a workshop like this last year”
- Like playing games

Student used her ipad to say making a bracelet was the favourite part of her day.



Huron Respite Network

Teen Talk - has wrapped up their final session for 2023! Registrations for next session are underway and group will run from January to December 2024.

Topics for 2023 included:

- *Meal Planning/Cooking
- *Jobs/Voluntarism
- *Internet Safety
- *Sports & Recreation
- *Hygiene
- *Social Situations



Caregiver Connections - a social group for parents/caregivers of children with disabilities to share common experiences, foster new friendships and promote self-care.

Key achievements:

A total of 6 Caregiver Connections events were hosted in 2023 with an average of 5 guests per event.

In 2023, we have supported a total of 29 caregivers across Huron County through our Caregiver Connections Group.

Events have taken place across the county in the communities of Goderich, Exeter, Zurich and Londesborough.

HRN's Facebook page is informative and interactive! We now have 1K followers! Check us out!



New Groups SOLD OUT!

Our 2 new groups, Stress Busters for children (8-12) and Mind Mavericks for teens (13-18) were launched in October with gusto! We've now created a waitlist for our 2024 session!

Does your teen have intrusive thoughts or concerns?
Do they avoid certain situations out of worry?
Then we have a group for you!

Mind Mavericks

SOLD OUT

Who: Teens aged 13-18 years.
Where: 50 5th Avenue, Vanastra ON
(Vanastra Community Christian Reformed Church)
When: Oct 04, 18, Nov 01, 15, 29, Jan 10, 24, Feb 07, 21, Apr 03, 17, May 01, 15 and 29.
Time: 5:30 - 8:00pm
Other stuff: Dinner is provided!
Cost: FREE
Limited registration:
please contact us at respite@clch.ca or 519-524-7362 ext. 218

- Topics Include:**
- *Mindfulness
 - *Name the Emotion
 - *Active Listening
 - *Mindfulness
 - *Self-Care
 - *Respect
 - *Facts Vs Opinions
 - *Values
 - *Our Physical Response to Stress and more!

Wellness Committee



The Wellness Committee had a blast at the CL-CH Holiday Open House on November 24, 2023! We had hot apple cider, sang songs and had fun! Lots of wellness resources were available and looked at what others do to be well. We have another fun filled year coming your way!



Transition Fair

SAVE THE DATE

Saturday May 4, 2024 Come gain knowledge about how to apply for certain benefits, chat with DSO, housing and benefit specialists, health and mental health care professionals, County wide service providers and more

Stay tuned for more details early Spring!

Community Support for Families

A huge thank you to Jokey Plastics for their generous donation of \$1,000 towards Sibshops sessions. Pictured below are Rebecca and Jane from Jokey Plastics and Sib participants, Jordyn and Jerzy.



On November 17th, we hosted our Sibshop session at the Goderich Library. Our theme for the session was Community Service. We had discussions surrounding empathy, volunteering and acts of kindness. A volunteer from The Goderich Little Pantry explained there are pantry boxes distributed throughout Goderich and non-perishable food items are available to anyone in need. We contributed by packing 100 lunch bags to be distributed in the pantry boxes.



The CSFF Program hosted 3 Sibshops since October. Our Sibshops series is a facilitated partnership between Community Support for Families and Rural Response for Healthy Children. The Sibshops group is for siblings of children who have a developmental or physical disability, autism or a mental health concern. It is an opportunity to have fun together while receiving peer support, sharing their sibling relationship and exploring the gifts and challenges of being a sibling to someone with disabilities.

Other Agency News

Here are photos from our December 2023 Sibshops.



This past holiday season, CL-CH Staff were in the spirit of giving back. They sponsored a family through the Salvation Army's Christmas Hamper Program, made a donation of 65 cans of Spaghetti Sauce to the Salvation Army and a collection of items were dropped off at Blessings Community Store in Zurich. Thank you to all contributors!



Welcome to: Carrie Hunter, Aleksandra Masowa, Josiah Davidson, Brooke McMichael, Sami Reymer, Heather Vanderlip, Kristina Van Diepenbeek, Brigitte Bar, Monica Ross.

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

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

"People live in dignity and share in all aspects of living in their community."