

New Directions

Spring 2017

GUELPH
Independent **LIVING**

Quarterly Agency Newsletter

www.guelphindependentliving.org



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Mark it in Your Calendar!

Thursday June 22

Annual General Meeting & Awards Night

Thursday July 6

Annual Picnic at Riverside

Thursday July 27

Blue Jays trip to Toronto

Wednesday August 23

Grand River Raceway trip

FROM THE EXECUTIVE DIRECTOR'S DESK

Within the provincial health care system, the rollout of the Patients First Act continues to unfold. By the end of June 2017 the transition for the all Ontario Community Care Access Centres (CCACs) to reside under the umbrella of the Local Health Integration Networks (LHINs) should be completed; locally this transition occurred on May 17th. Although all the details are not yet known, the public has been told that savings in administrative costs of approximately 8% will be reinvested into client services.

Participation in forums and meetings with other community support organizations is vital to assist GIL in the preparation and planning for potential changes that may occur in the upcoming months and years during this health care transformation. A conference in mid-May with other Ontario Independent Living Service Providers provided me with the opportunity to participate in the generation of a game plan we can use collectively and within our individual agencies to align our activities with Patients First legislation and the 'new' LHINs.

A paper written by Dr. Paul Williams was discussed at the conference; it outlines the unique position of Independent Living service providers to achieve the

goal of the Patients First Act "everyone who has needs that can be reasonably met in the home or community will receive support to do so." For over five decades agencies like GIL have supported tens of thousands of Ontarians in the community whose ongoing physical and cognitive needs are so complex they would otherwise have lived most or all of their lives in institutional settings. By working together, we hope to ensure the value and importance of Independent Living is 'top of mind' in the development of future home and community care services in Ontario. If you wish to read Dr. Williams' report, please contact me.

As July 1 and Canada's 150th anniversary approaches, I hope everyone is planning a special way to celebrate the wonders of living in our beautiful country.

Please join Guelph Independent Living in celebration of Canada's birthday on June 22nd at our Annual General Meeting and Staff Awards night; and then again on July 6th at our annual summer picnic. Come dressed in red and white to show your Canadian pride. Further details are provided in the newsletter.

Janet



CANADA 150
1867-2017

GIL BOARD MEETING HIGHLIGHTS

The GIL Board of Directors met on March 21 and May 23, 2017; highlights include:

- Approval of 5-year Capital Plan for Willow Place;
- Signing of the 1-year MSA extension letter through March 31, 2018;
- Presentation and approval of the DRAFT 2016-17 Audited statements for both Health and Housing portfolios;
- Fiscal activity for GIL's Endowment and Transportation funds;
- Updates from the Governance, Performance and Executive committees;
- Upcoming RFP process for the next 3-year Property Management contract;
- Confirmation of the slate of Directors to be presented at the AGM; and
- Executive Director's report which included updates on Advance Care Planning session, IDEAS Quality project, Guelph Wellington Transitions committee, changes in the Admin office and planning for the June Annual meeting.



USING GIL'S TRANSPORTATION FUND "GETTING THERE WITH THE FRENCH CONNECTION"

An interview with a recent Transportation program user:

Q – Have you used GIL's transportation fund?

A – Yes, I have been able to use it twice to travel to Kitchener

Q – Can you tell me what you used the program for?

A – I was able to visit a friend in hospital and be their support person.

Q – Was the program easy to use?

A – Yes. Because I had to rush to Kitchener last minute; I actually applied for the funding afterwards and GIL allowed me to do so. In future, I'll apply in advance so I know if the funding is approved. You can apply by calling reception at Woodlawn; she will help you fill out the paperwork.

Q – How much funding did you receive?

A – The taxi trip would have cost me \$160.00; GIL reimbursed all but my \$20.00 client contribution.

For GIL Assisted Living and Outreach clients, please remember if you are planning any travels over the summer, have an upcoming medical appointment or maybe a family wedding, GIL can help support your transportation costs. Call reception at 519-836-1812 ext 220 for more information and to fill out an application.

The program details include:

- \$5000 allocated per year;
- Maximum of \$300 per client per year;
- Priority given to: out-of-town medical related, out-of-town social/leisure/educational, and in-town medical related travel;
- Client contribution: minimum of \$20 for out-of-town OR up to 25% for more lengthy/expensive trips;
- Client is responsible to research options and costs before applying.



ADVANCE CARE PLANNING - CONVERSATIONS WORTH HAVING

In April, Guelph Independent Living partnered with the Independent Living Centre of Waterloo Region in hosting two sessions on Advance Care Planning for Health Care. The sessions were facilitated by Judith Wahl, lawyer and retired Executive Director of the Advocacy Centre for the Elderly (1984-2016).



Judith began the session by asking the audience who had a Power of Attorney? She explained that if you have not designated someone to speak for you and are unable to make decisions about your health care, the law will assign a Substitute Decision Maker (SDM) based on a hierarchy of legally appointed persons or automatic family members. The person appointed by the law may not be the person who understands your wishes; so it is vital for you to choose someone you trust and have confidence in to act on your behalf. To be a SDM, a person must be capable, available, willing and at least 16 years of age. Completing the paperwork for a Power of Attorney may not be as difficult as you may think; kits are available online through the Public Guardian & Trustee office or your local MPP's office.

When you or your SDM are giving consent for any form of health care treatment, the consent must be 'informed' which is defined as understanding the nature of treatment, expected benefits, risks and side effects, alternative options and the consequences of not having treatment.

Judith went on to dispel two myths around health care decisions in Ontario. The first misconception is about 'advance directives' which are not valid in Ontario. Health care professionals like doctors and nurse are required to talk to a live, capable person to get treatment decisions; not by reading a piece of paper. The second misunderstanding is regarding Do Not Resuscitate (DNR) orders. Resuscitation is a treatment decision that must be discussed with your health care professional. If applicable; a DNR form can then be created to be kept in the home. This form is a communication tool for emergency responders, not GIL Workers. GIL employees are required by law to call 911 and to continue performing CPR until they are relieved by paramedics.

If you want additional information on Advance Care Planning, please visit www.acpww.ca or contact your Program Supervisor for resources.

HOUSEKEEPING TASKS IN HOT WEATHER

Extreme heat poses a health risk for everyone. Heat exhaustion can happen at any time to anyone. With this in mind we ask you to please keep your homes as cool as possible for the GIL Workers while they are providing personal care and housekeeping assistance.

You can help by:

- Minimizing housekeeping tasks during the really hot weather - Workers and/or Supervisors may reschedule housekeeping bookings in extreme heat.
- Have air conditioners and/or fans running prior to bookings.
- Allowing staff to open windows, run air conditioners and/or fans during your booking
- Allowing Workers to keep the bathroom door open while assisting with showers/bathing. The heat from the water plus the increased moisture could cause a Worker to suffer heat exhaustion and become faint. A sponge bath instead of a shower/bath is always an option.

Thank you for taking care of the people caring for you!

CLIENT MEMORIALS

Myrna McGee was a client of the Guelph Independent Living (GIL) for many years; receiving assistance through both the Outreach and Assisted Living programs for over 25 years; she passed away in hospital on April 13, 2017 at the age of 76.



Myrna was known for her wit, her mischievous nature and her love of travel. She was a regular participant of GIL's leisure programs; the Elora raceway and Christmas party were two of her favourites.

Thank you to Myrna for sharing her love of life with all of us at GIL.



Joanne Bolier was also a former client of Guelph Independent Living (GIL); receiving assistance through both Outreach and Assisted Living. She had recently moved to London and passed away in hospital on April 26, 2017 at the age of 57.

Joanne was a quiet person who loved to spend time colouring and visiting with her pet bird 'Ricky'. She worked at ARC Industries for many years.

Thank you to Joanne for sharing her love of animals with GIL.



KIDSABILITY - LOCAL INITIATIVES FOR YOUTH

KidsAbility has been busy working on opportunities to assist local youth with disabilities to transition into adult services and community activities. The first of these projects is the development of a Transitions committee similar to the one in Waterloo region that has been in operation for many years. This committee, headed by Physiotherapist, Joanne Duddy, has membership representation from WWCCAC, Guelph school boards, City of Guelph, local accessibility advocates and Guelph Independent Living. The committee's initial goals are to share local updates/initiatives; finalize a Terms of Reference including purpose, objectives, membership and meeting frequency; and develop a work plan for 2017-18.

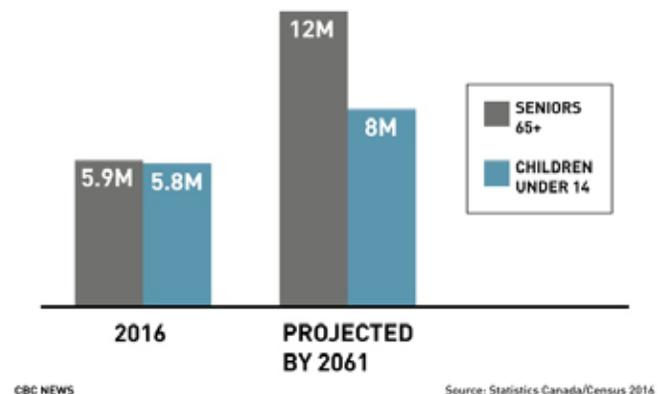
The second project was

a forum titled "Students with Special Needs: High School to Higher Learning" held at Wilfred Laurier University on the morning of April 29. This forum featured a panel of current post-secondary students, local universities/colleges representatives and service providers who shared successes and challenges in navigating the journey from high school to the adventure of moving out of home to attend university or college. Guelph Independent Living shared information about our agency while chatting with attendees who visited our display area, asking for more resources about our services. Based on the feedback of the approximately 60 people in attendance, KidsAbility plans on hosting more sessions in the future.



CANADIAN CENSUS HIGHLIGHTS

- Median age of Canadians is 41.2 years, compared to 40.6 years in 2011.
- More seniors (5.9 million) than children (5.8 million), the first time this has happened.
- By 2061, projected 12 million seniors to 8 million children.
- Increase of 20 per cent in number of seniors, biggest increase in 70 years.
- Increase of 41.3 per cent in Canadians 100 years or older, the fastest growing age group.
- Now 8,230 Canadians over the age of 100, five times more women in this group.



JIM KYTE'S "FIVE PS TO SUCCESS"

On May 23, 2017 Jim Kyte was the keynote speaker at the Accessibility Advisory Forum's stop in Kitchener. Jim is a retired Canadian professional ice hockey player who made history by being the first (and to date, only) legally deaf National Hockey League (NHL) player, playing 598 games in the NHL. He was drafted in the first round by the Winnipeg Jets in 1982 and played 17 years of professional hockey including teams in Pittsburg, Calgary, Ottawa and San Jose during his NHL career. An acquired brain injury (concussion) suffered in a serious automobile accident in 1997 ended his hockey career. The lessons he learned in life led him to a subsequent career as a hockey columnist and then into academia. Today he is the Dean of Hospitality and Tourism at Algonquin College in Ottawa.



The highlight of Jim's presentation was the sharing of his 'Five Ps to Success':

Perspiration – There is no substitute for hard work.

Positive Attitude – Life is 10% what happens to you and 90% how you react to it.

Preparation – You need to not only work hard, but work smart (educate yourself, knowledge is power).

Perseverance – Perseverance and failure cannot coexist; failure happens when you quit.

Passion – If you have passion for what you do, the other four 'Ps' are easy.

CONSULTATION: IMPROVING ACCESSIBILITY STANDARDS FOR TRANSPORTATION

The Government of Ontario is updating Ontario's standards to make transportation more accessible to people with disabilities.

Share your ideas on how public and private transit providers can make their services and vehicles more accessible.

Your feedback will help the Transportation Standards Development Committee, draft final recommendations for the Minister Responsible for Accessibility by the end of the year.

Closing date: July 19, 2017

Share your feedback here:

<https://www.ontario.ca/form/transportations-standards-initial-recommendations-public-survey>

THREE THINGS FOR CANADA

Imagine if every Canadian did three things for their neighbourhood, their nation, and their world this year. We would have over 100 Million acts of community building, and the world would never be the same!

For Canada's 150th birthday, let's all give a gift of three things—three acts of service. They can be large or small. Just ask yourself: What am I passionate about? What can I do to help? Find out more at:

www.threethingsforcanada.ca

BANK OF CANADA UNVEILS NEW \$10 BANKNOTE FOR CANADA 150 CELEBRATIONS

The Bank of Canada has unveiled a commemorative \$10 banknote to mark the 150th anniversary of Confederation. It's only the fourth time in Canada's history that it has created a commemorative banknote. Bank of Canada Governor Stephen Poloz and Ginette Petitpas Taylor, parliamentary secretary to the minister of finance, made the announcement and showed off the bill at the bank's headquarters in Ottawa in April. There will be 40 million notes printed — “just more than enough for every Canadian to keep one,” according to Poloz. The bank says they will enter circulation on June 1.



The front of the bill features portraits of Canada's first prime minister, Sir John A. Macdonald, and fellow Father of Confederation Sir George-Étienne Cartier, Canada's first female member of Parliament, Agnes MacPhail, and James Gladstone, Canada's first senator from a treaty First Nation — the Kainai (Blood) Tribe. Poloz said the reverse of the bill was designed to include a variety of Canadian vistas, based on public feedback on what Canadians wanted to see on the bill. The landscapes include the Lions and Capilano Lake from British Columbia, fields of Prairie wheat, the Canadian Shield as seen in Quebec, a view of the Atlantic Ocean from Cape Bonavista in Newfoundland and Labrador and the northern lights as they would be seen in Wood Buffalo National Park.

GUELPH INDEPENDENT LIVING ANNUAL GENERAL MEETING & AWARDS NIGHT

Date: June 22, 2017

Time: 6:00 – 8:00 PM

Place: The Elliott Community,
Hillside Festival Room
170 Metcalfe Street

Please join us before the meeting for BBQ & refreshments at 5:30pm,
in celebration of Canada's 150th anniversary.

Please **RSVP** by Monday, June 12 to Carla at
carla@guelphindependentliving.org or phone (519) 836-1812, ext. 233.

GI's Annual Picnic **Thursday July 6, 2017 (1-4pm)** **Riverside Park Large Shelter**

Join us for an afternoon of celebrating Canada's 150th Anniversary
with a BBQ served by us.

Wear your red & white for a chance to win "Best Dressed Canadian"!

There will be lots of Canadian games and activities to enjoy.

If you plan on attending, please contact Kathleen at
519-836-1812 ext 220 to RSVP.

UPCOMING 2017 LEISURE EVENTS

DATE	EVENT	TIME	PRICE
Saturday June 17	Sound of Music Festival Burlington Downtown & Waterfront <i>Live music, carnival, vendors, food, and more. Access to the Confederation Trail.</i>	Departure: 1:00pm Event: 2:00-5:30pm Return: 7:00pm	<i>Clients: \$15.00 Guests: \$25.00</i>
Thursday July 6	Agency Picnic Riverside Park Large Shelter A Celebration of Canada's 150th!	Start Time: 1:00pm End Time: 4:00pm	<i>Free</i>
Thursday July 27	Toronto Blue Jays vs Oakland Athletics Roger's Centre Toronto	Departure: 9:00am Game: 12:30-4:00pm Return: 6:30pm	<i>Clients: \$25.00 Guests: \$45.00</i>
Wednesday August 23	Grand River Raceway Elora	Departure: 4:30pm Event: 5:30-9:30pm Return: 10:30pm	<i>Clients: \$25.00 Guests: \$35.00</i>
Thursday September 14	St. Jacob's Market	Departure: 10:00am Event: 11:00am-3:00pm Return: 4:00pm	<i>Clients: \$15.00 Guests: \$25.00</i>
Saturday October 7	OctoberFEAST Food Truck Festival Waterloo Public Square, Uptown Waterloo	Departure: 10:00am Event: 11:00am-3:00pm Return: 4:00pm	<i>Clients: \$15.00 Guests: \$25.00</i>
Thursday November 30	Christmas Shopping Trip Conestoga Mall Waterloo	Departure: 10:00am Event: 11:00am-3:00pm Return: 4:00pm	<i>Clients: \$15.00 Guests: \$25.00</i>

*If you are interested in attending an event please contact **Kathleen at (519) 836-1812 x 220.***