

New Directions

Spring 2019

GUELPH
Independent **LIVING**

Quarterly Agency Newsletter

www.guelphindependentliving.org



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Mark it in Your Calendar!

Wednesday June 19

Annual Agency Meeting

Elliott Community Centre, Guelph

Monday June 17

Grand River Raceway

Dinner & Entertainment, Elora

Thursday July 4

Annual Agency Picnic

Riverside Park Large Shelter, Guelph

FROM THE EXECUTIVE DIRECTOR'S DESK...

“The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.”

~ Albert Einstein

The next few years in Ontario will bring change to our health care system.

On April 18, the provincial government passed Bill 74, The People's Health Care Act, which provides for the redesign of the health system by coordinating the work of existing provincial health agencies and programs. The changes will involve the development of one single health agency (also being called the 'superagency') to oversee health care delivery, improve clinical guidance and provide support to ensure better quality care for patients. This agency, known as Ontario Health, involves the joining of twenty existing agencies including Cancer Care Ontario, Health Quality Ontario, eHealth and the 14 LHINs.

Ontario Health is key to the government's plan to eliminate fragmentation and silos in Ontario's health system. According to the government, through the creation of Ontario Health we can expect our health system to become more efficient and effective, and thereby more focused on patient-centred care.

The Board of Directors has been chosen for Ontario Health and, on April 24, Susan Fitzpatrick was named as the interim Chief Executive Officer.

The second step in the health system transformation is the development of Ontario Health Teams. The goal of these 30-50 teams across the province is to provide integrated care delivery by each area's

health care providers (doctors, hospitals, home and community care, etc.) working seamlessly to deliver care to patients, as they move through the health care system.

In the Guelph-Puslinch area, local health care partners have been working together at a leadership and front-line level since the inception of Health Links. We consider ourselves fortunate to live and work in a community where partners embrace collaboration and innovation to better serve the population.

Although we do not know what the exact future plans will be; the goal will continue to be improved health care for all. While we wait to see what changes will occur, GIL continues to work with the Board of Directors, employees and community partners to provide the best services possible to our clients.

Please join us on June 19 to celebrate the accomplishments of our agency, employees and Board of Directors at our Annual General Meeting and Staff Awards night. And on July 4, plan to attend our annual agency picnic. Look for additional details in the newsletter.

Janet

GIL BOARD MEETING HIGHLIGHTS

The GIL Board of Directors met on April 1, 2019; highlights include:

- Approval of the January and February 2019 financial reports for both Housing and Health portfolios;
- Approval of annual Willow Maintenance calendar and contracts for HVAC/Boiler maintenance and hallway carpet cleaning;
- Updates on Willow lighting installation, annual unit inspections, annual fire inspection report, and drain screen distribution;
- Updates from the Board Governance committee on Director recruitment;
- Planning for the AGM on June 19, 2019; and
- Executive Director's report with updates on the OAILSP Spring conference, Collective Agreement, employee training opportunities, third-quarter statistics and receipt of GIL's 2019-2020 MSA funding agreement.

NATIONAL VOLUNTEER WEEK-APRIL 7-13

During National Volunteer Week, GIL extended a huge 'thank you' to our volunteer Board of Directors who donate their time, expertise and enthusiasm to the role of governing our agency.

2018-19 Board is as follows:



(back row) Mike Moore, Eleanor Ross, Cindy Kinnon, Nigel Smith, Leanne Warren
(front row) Ravi Sathasivam, Mike Greer, Debbie Stanley

OAILSP STATEMENT ON HEALTH TRANSFORMATION

Change is coming to the provincial health system. Further to the article *“Hallway Health Care: A System Under Strain”* in the Winter New Directions edition, the Premier’s Council is developing a vision reflecting the Quadruple Aim:

- Enhanced patient experience;
- Improved population health;
- Reduced costs; and,
- Improved work life of health care providers.

The members of the Ontario Association of Independent Living Service Providers (OAILSP), including GIL, recently heard from Fredrika Scarth, Director of the Secretariat on Improving Healthcare and Ending Hallway Medicine at their Spring conference. Members shared with Fredrika how they have been leaders in person-centered service delivery and partnership enabled innovation for over 50 years and look forward to building on this track record as key players in the provincial government’s plan to modernize the health system as outlined in The People’s Health Care Act, 2019.

Designed to support people with physical disabilities to live and work as independently as possible in their communities, the Independent Living model of service has been successfully adapted to support growing numbers of persons of all ages with life-long complex health and personal support needs, including those with acquired brain injuries (ABI). Independent Living (IL) service providers have done so by: partnering to create innovative systems of person-centered care that improve access and equity across urban and rural/remote areas of the province (e.g. post-acute transitional care, caregiver respite care, mobile supports, ABI specialized therapeutic support); helping individuals we serve navigate the

system and access the mental health, addictions, primary care and other health services they require; and participating in complex and integrated care planning.

Independent Living service providers are successfully providing long term support to Ontarians who, as a result of the amount and/or complexity of the support they receive, would otherwise be required to live most or all of their lives in institutional settings. In addition to offering improved quality of life and enhanced opportunities for the individuals we serve to participate and contribute to the communities they live in, IL services are effectively generating system efficiency through the avoidance of higher-cost institutional care and by assisting patients to quickly transition from hospital to home or rehabilitation. We look forward to expanding on these system contributions, in partnership with others, to advance the Ontario Health Team agenda and contribute to the achievement of health system stability and sustainability.

OAILSP applauds the government’s commitment to person-centered service delivery as a critical success factor in the modernization plan. From inception, and as they have innovated and evolved, IL providers have demonstrated our sustained and deep commitment to ensuring that the Independent Living Philosophy remains core to the model of service delivery. This philosophy affirms that the people served should make decisions about their own care to the extent they are able and, as such, encourages independence by engaging patients and caregivers as active care partners. OAILSP looks forward to sharing their 50 years of experience and expertise with others to work together to truly create a system centered on the needs of patients, families and caregivers.

COMINGS AND GOINGS FROM THE GIL ADMIN OFFICE



We are pleased to announce the hiring of Stephanie Atchison who joined GIL on Monday April 15, 2018 as the interim Manager Human Resources for the next 13 months

With a background in manufacturing, pharmaceuticals and the tech industry, Stephanie is looking forward to gaining experience in the non-profit sector

while working alongside those who are passionate and dedicated to making a difference in the lives of others. Stephanie brings a broad range of both personal and professional experiences to GIL; allowing her to remain flexible and open to change in diverse environments.

We said a temporary good-bye to Amanda Dale, Manager Human Resources, while she is off on maternity and parental leave.

CLIENT TOWN HALL MEETINGS

GIL is holding Client Town Hall meetings to provide for opportunity to discuss activities in the organization. Please join Janet Redman, Executive Director, and Stephanie Atchison, Manager Human Resources, at one of the following meetings:

Wednesday May 22, 2019

Willow Place Activity Room 1:00 pm

Cheryl Marett, Assisted Living Coordinator & Catharine Maxwell, Outreach Coordinator will also be in attendance.

Thursday May 23, 2019

87 Neeve Community Room 1:00 pm

Stacey Jayne, Seniors Community Coordinator & Cheryl Marett, Assisted Living Coordinator will also be in attendance.



ENDOWMENT & TRANSPORTATION FUNDS:

In 2018-2019 GIL provided a total of \$5,900 from the Endowment fund which provided assistance to five clients in purchasing accessibility equipment ranging from hospital beds, wheelchairs and transfer devices.

Within the Transportation Program, \$450 was accessed by three clients to aid in their travels outside of Guelph to visit family or attend medical appointments.

Additional funds will be available for the upcoming year. If you require funding support with equipment and/or travel plans, please speak to your Program Coordinator for details. Approvals are dependent on fund allocations and volume of applications each year.

ANNUAL GIL CEILING LIFT INSPECTION

GIL contracted Silver Cross to complete an annual inspection of all agency-owned ceiling lifts in January 2019. This annual inspection is part of GIL's Health and Safety program to ensure a safe work environment for employees and safe transfers for clients. During the inspection, the technician conducts a thorough evaluation of the condition of the strap, sling hooks, strap carabiner, casing, hand pendant including wiring, and operation of the emergency stop button. A load test is also conducted by lifting

400 pounds with each lift to ensure the battery and tracking can safely lift this weight.

The final report confirmed all GIL lifts are safe and in good operating condition. Any repairs identified as requiring attention have been completed.

If you own your own ceiling lift, a similar annual inspection is recommended to ensure safe equipment use.

NEW COMMUNITY FRIDGE

A Community Fridge is now open at Onward Willow Community Centre ready to be stocked with fresh fruit and vegetables for public access.

Community Support Worker, Susie Stauffer, stated that the fridge is a great addition to the 80-100 hampers they already distribute each month.

"We struggle to get fresh produce so this will be a great thing for us. And to have that capacity, that space, will be a big help because a lot of the folks in this neighborhood have accessibility issues and they can't always get to the food bank or some of the things that the SEED program offers," Stauffer said.

Additionally, Stauffer stated there are no restrictions on who can use the fridge and no registration is required. They ask that you only take what you need.

Road-To-Zero Waste, a Toronto non-profit started by husband and wife team, Laylo Atakhodjaeva and Shabeeb Hasan, will supply and stock the fridge with food donated by grocery stores, restaurants and farmers. It is hoped as word spreads, local donations will keep the fridge stocked.

"I started this project when I heard how much food waste was happening in Canada," said Atakhod-

jaeva. "Initially we were distributing food and clothing items to homeless shelters across the GTA, but I understood that wasn't enough."

The program started with one fridge in a

Toronto neighborhood and will soon find five fridges in the Toronto area, including Guelph, hoping to spread the concept across Canada.

The Community Fridge is open during Onward Willow's hours: Monday, Wednesday and Friday from 10 a.m. to 3 p.m. and Thursday by appointment at their Community Centre located at 15 Willow Road, unit 45, on the northwest corner of Willow Road and Edinburgh Road.

The complete article is at: https://www.guelphtoday.com/local-news/new-community-fridge-battles-food-insecurity-one-fresh-food-item-at-a-time-4-photos-1361871?utm_source=Email&utm_medium=Email&utm_campaign=Email



DENTAL CARE FOR SENIORS

A new publicly-funded dental care program for seniors is slated to begin late summer 2019.

Raymond Cho, Minister of Seniors and Accessibility and Christine Elliott, Deputy Premier and Minister of Health and Long-Term Care recently announced an annual investment of \$90 million for publicly-funded dental care for seniors, when fully implemented.

“No senior in Ontario should go without quality dental care,” said Minister Elliott. *“Our government continues to put patients at the centre of care by providing seniors with the support they need to access high-quality and affordable dental care. We are taking another step in creating a sustainable and con-*

nected public health care system that is built for the people and for the future.”

Ontarians aged 65 and over who do not have dental benefits and have an annual income of \$19,300 or less (couples combined of \$32,300 or less) will qualify for this new dental program.

The services will be accessed through Public Health Units, Community Health Centres and Aboriginal Health Access Centres across the province. Seniors will be able to get an application from the Ministry’s website or Public Health once the program is launched. Applications will be assessed for eligibility and enrollment.

CANADA POST PARCEL LOCKER

The building at 238 Willow Road will soon have a Canada Post Parcel Locker installed in the front lobby.

How it works:

- Canada Post delivers a parcel inside one of the parcel locker’s compartments and leaves that compartment’s key inside the addressee’s mailbox.
- The addressee retrieves the parcel, locks the compartment and returns the key in the compartment’s key return slot.
- If all locker compartments are full, or a parcel requires a signature, the agent attempts delivery at the addressee’s door. If no one is home, the agent leaves a delivery notice card in the addressee’s mailbox to pick up the item at the closest post office.

According to Canada Post, many more apartment buildings in Guelph are also scheduled for installation in the coming months.



HABITAT FOR HUMANITY DONATION BINS

Habitat for Humanity Wellington Dufferin Guelph has added donation bins at their Guelph, Fergus and Orangeville ReStore locations to allow people to donate more than building supplies such as clothing, shoes, bedding, toys, jewelry and kitchenware. Habitat ReStores accept donations of new and gently used items which are then sold to raise money to create affordable housing and promote home ownership.

Responding to the community's wish for a 'one-stop-shop' donation centre, Tanja Zoric (Director of Retail Operations) explored options that would allow people to drop off a wider array of items. Tanja is hopeful the addition of the bins will increase foot traffic and revenue to the ReStores, which ultimately will help put more families into new homes.

"Our customers are happy that the donation bins now mean we can accept small household items, dishes, linens, clothing and even books," says Vanessa Ward, Orangeville ReStore manager. "These were things that we previously did not accept. Now we can offer our community a truly complete donation centre, and that allows Habitat to be the first thought on a person's mind when clearing out items that may not be useful to them anymore, but still useful for others."

The addition of these bins will also keep perfectly good items from ending up in landfills. In partnership with Recycling Rewards, this recycling program

helped divert approximately 20 million pounds of textiles from landfills in 2107 alone.

If you have a home improvement project planned or doing a spring clean out, visit the Guelph ReStore to support Habitat's greater mission and vision: *a world where everyone has a safe and decent place to live.*



Guelph ReStore

300 – 104 Dawson Rd.

Guelph, ON N1H 1A6

Phone: 519-767-9752, ext. 27

Monday – Friday: 9 a.m. – 6 p.m.

Saturday: 9 a.m. – 5 p.m.

Sunday: Closed

Donation hours:

Monday- Friday: 9 am – 5:30 pm

Saturday: 9 am – 4:30 pm

CORRECTION TO 10 STEPS CHECKLIST

In the Winter edition of the GIL newsletter, we published a Home Environment Safety Checklist provided by the Wellington Guelph Hoarding Network.

We would like to issue a correction by reminding everyone that:

- **Expired medications should be disposed of by returning them to your Pharmacy**

Please protect the environment by not throwing out medications.

“WHEN LIFE GIVES YOU DAMAGED TOMATOES, YOU MAKE TOMATO SAUCE”

Second Harvest, Canada’s largest food rescue charity, reports that 35.5 million metric tonnes or 60% of food produced in Canada is wasted; 32% of which is edible food being thrown away. The financial value of this wasted food is \$49.46 billion.

Upcycle Kitchen is a new project of The SEED, a non-profit organization that aims to raise food literacy, provide access to food and eliminate food insecurity. *Upcycle Kitchen*’s goal is to repurpose food that would otherwise go in the garbage due to minor imperfections by turning it into something else.

Students, Laura Frielingsdorf and Kiran Bains partnered with a University of Guelph entrepreneurship program to research and address the food wastage problem. This partnership between *Upcycle Kitchen* and the University gave them an opportunity to develop their business skills while finding a solution in the process.

Their research process started by visiting Green Liner, a wholesale distributor in Guelph, where the owner showed them boxes of tomatoes that don’t sell due to damage or their overall unaesthetic appeal. Even slight imperfections like a little dent cause them to be waste.

Further consultation with customers at the Guelph Farmer’s Market and Market Fresh led the two ladies to create a tomato sauce as their first repurposing prototype. Tomato sauce was a good fit because of its popularity with many potential customers.

Tom Armitage, Social Enterprise Development Coordinator at The Seed, is now working on a business model for their product so it can be sold in community food markets.

Congratulations to these two young entrepreneurs who won two awards for their resourcefulness and social creativity.

Please find the link below for the full article.

https://www.guelphtoday.com/local-news/new-initiative-to-repurpose-food-that-would-go-to-waste-1334222?utm_source=Email&utm_medium=Email&utm_campaign=Email



“MEET A GIL CLIENT”



Judy became a client on September 22, 2012 when she moved into the Assisted Living Program at 87 Neeve. She has also been long connected with GIL as the agency assisted her in the acquisition of an adaptable computer over 20 years ago.

Judy loves participating in GIL’s Leisure activities; the support allows her to participate in the community and have fun. Often you will find Judy front and center at GIL’s Christmas luncheons singing along with the choir, enjoying coffee time with her friends in the Neeve community room or volunteering at the Storm game selling 50/50 tickets.

Judy is also passionate about advocating for equal opportunities; she is part of ODSP Action Coalition and Ontario PSW Association where she provides feedback on client needs. She was interviewed as a client representative for the Canada in Perspective episode called “Essential Services: PSW” in 2016. The episode can be found at the following link: <https://www.ami.ca/category/canada-perspective/media/essential-service-psws>

When asked “What does GIL mean to you”, Judy’s response was, “independence, happiness, connection and accountability”. As a result of injuries, sustained when falling off a horse, Judy found herself overwhelmed and struggling to manage day-to-day tasks. The assistance from GIL with activities of daily living allows her to live life to the fullest. Judy shared how each employee has a gift they give each client; one might be a good cook, another remembers she likes lemons in her water or a happy face made on her pancakes, a third likes sorting laundry or cleaning the kitchen, and as a collective, everything gets done. This feeling of connection reminds her she will never be alone, and this pushes her to continue to embrace life and cherish every moment.

Judy’s goals are to start exercising and to continue to live every moment to the fullest. Self-care is her top priority and she is very appreciative of the support and encouragement provided by GIL employees.

If you would like to be interviewed for a future edition, please contact Rowena at 519-836-1812 ext 249.



50/50 STORM GAME - MARCH 13



Thank you to GIL employees who volunteered in selling 50/50 tickets at the Storm game on March 13th against the London Knights. The winner took home over \$3750, with GIL netting almost \$3200 for our fundraising efforts.

CLIENT MEMORIAL



Madelin Dzikowski was a client of the Guelph Independent Living (GIL) Outreach program since 2016; she passed away on April 16, 2019 at the age of 67.

Madelin was a fiercely independent lady with an

infectious smile. She will be remembered for her love of family including many grandchildren and a great-granddaughter. She had great determination and was able to remain at home within the Guelph community where she had lived for many years. She was an Avon salesperson and enjoyed GIL events including the summer picnic and Christmas party.

Thank you to Madelin for sharing her strength and enthusiasm with all who knew her.

GUELPH Independent LIVING ANNUAL GENERAL MEETING & AWARDS NIGHT

Date: June 19, 2019

Time: 6:00 – 8:00 PM

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

Join us for food & refreshments at 5:30pm

Please **RSVP** by Wednesday, June 12 to Rowena at rowena@guelphindependentliving.org or phone (519) 836-1812, ext. 249

UPCOMING 2019 LEISURE EVENTS

DATE	EVENT
Wednesday, May 29	Niagara Falls Site seeing & Dinner at Fallsview Casino
Monday, June 17	Grand River Raceway Dinner & Entertainment, Elora
Thursday, July 4	Agency Picnic Riverside Park Large Shelter
Wednesday, August 14	Toronto Blue Jays vs Texas Rangers Roger's Centre, Toronto
Thursday, September 12	St. Jacob's Market Shopping for local foods

Contact **Kathleen** at **519-836-1812 x220** with any questions or to pre-register for an event.



Photos from 2018 Leisure events



2018 LEISURE PROGRAM SURVEY RESULTS

As part of GIL's United Way Community Impact Report submitted at the end of April, a sampling of clients was contacted to answer some questions about the Leisure program.

The results of the surveys were positive, with participants stating that attending one or more leisure events:

- Improved their quality of life (96%)
- Increased their wellbeing (88%)
- Improved their sense of belonging (81%)
- Allowed them to make new or maintain friendships (96%)

Clients have expressed that some of their favourite events were the Grand River Raceway, the agency picnic and Christmas party, St. Jacob's Market and theatre productions. A number of suggestions for future events were also provided.

Those who did not participate cited health issues, expense, length of the event, other commitments and personal needs as reasons for not attending.

Thank you to all who provided this valuable feedback; GIL will use the ideas provided for future planning.

GIL'S ANNUAL PICNIC **Thursday July 4, 2019 (1-4pm)** **Riverside Park Large Shelter**

Join us for an afternoon of celebrating summer with a BBQ served by us.

There will be lots of games and activities to enjoy.

If you plan on attending, please contact Kathleen at **519-836-1812 ext 220** to RSVP by June 28, 2019.

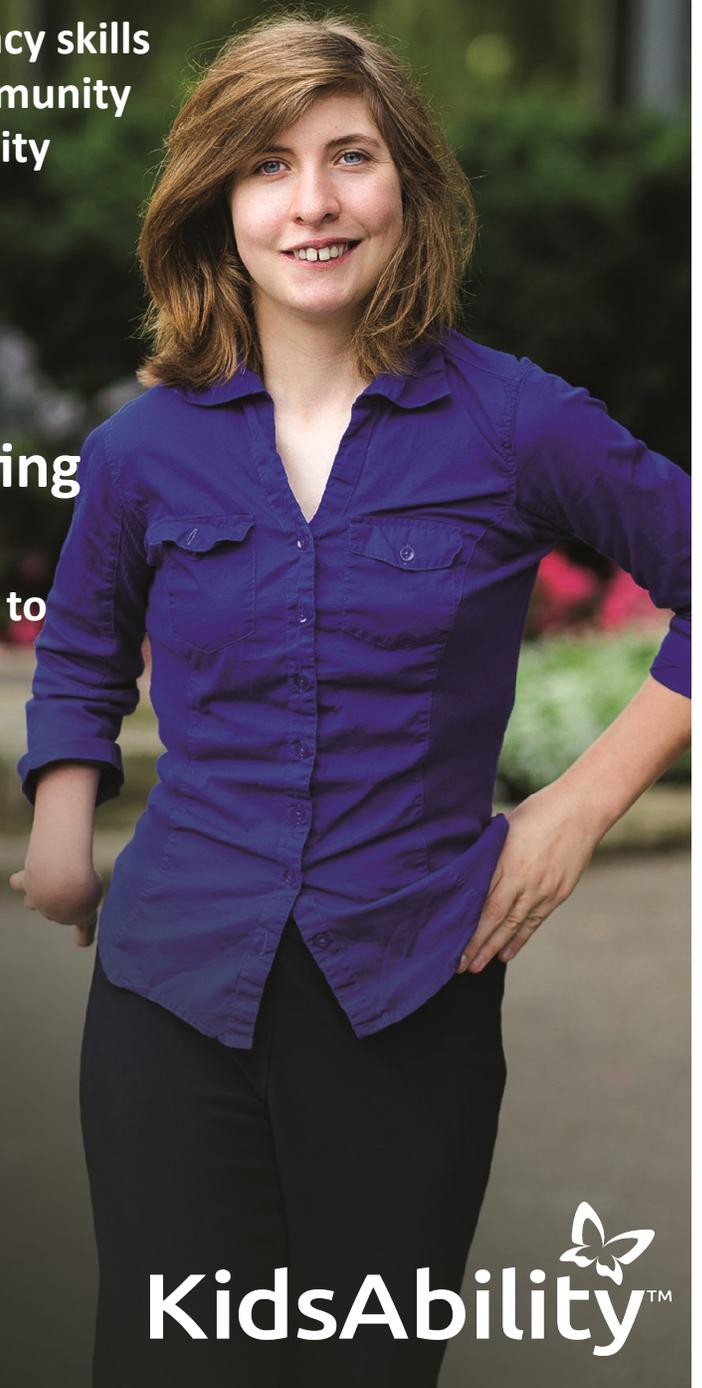
KidsAbility Youth Advisory Council (KAYAC)



- Get volunteer hours
- Plan youth events, gain advocacy skills
- Make a difference in your community
- Be the youth voice for KidsAbility

We are currently recruiting for KAYAC 2019/2020

- Monthly meetings September to June
- For youth aged 14-24



For more information, contact:
Joanne Duddy
transitions@kidsability.ca

kidsability.ca    

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