

New Directions

Spring 2021

GUELPH
Independent LIVING

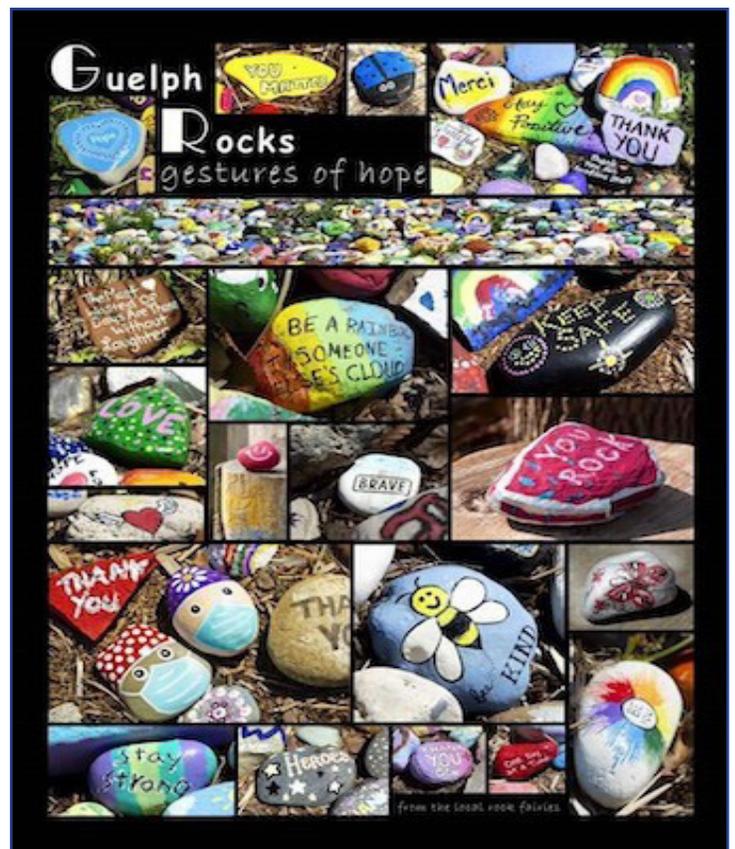
Quarterly Agency Newsletter

www.guelphindependentliving.org



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FROM THE EXECUTIVE DIRECTOR'S DESK...

One year later, the world continues to deal with, and begin to recover from, the COVID-19 pandemic. This month, Ontario announced that 50% of the eligible population had received their first vaccine. As we continue under a Stay-at-Home order, we remain hopeful our efforts and sacrifices will be rewarded with a lifting of restrictions in time for summer.

At GIL, our employees continue to adhere to Personal Protective Equipment (PPE) and Infection Prevention and Control (IPAC) protocols developed to protect the health and safety of both clients and employees. Client services remain at a reduced level primarily due to staffing levels and physical distancing requirements.

In conjunction with lessons learned during the COVID-19 pandemic and potential opportunities for community health care, GIL Board of Directors is starting their next strategic planning cycle. According to Board policies, a strategic plan should include a reviewed mission, vision, and value statements. It should also have a series of strategic directions clearly outlining what the organization is going to stop or start doing to attain clearly specified outcomes.

Jerry Mings from The Desk has been hired to assist the Board with this planning process. Preliminary work has started, with the bulk of work, including engagement with stakeholders (employees, clients, funders), to begin in the fall of 2021. The goal will be a plan containing a realistic number of strategic directions, a clear action plan for management and a clear statement of the Board's role to ensure those directions are achieved.

The Board of Directors and I look forward to what ideas and visions may be generated through the planning process as Guelph Independent Living moves forward.

Please continue to keep well and keep safe.

Janet

A DREAM WRITTEN DOWN WITH A
DATE BECOMES A **goal.**

A GOAL BROKEN DOWN INTO STEPS
BECOMES A **plan.**

A PLAN BACKED BY **action**
MAKES YOUR DREAMS COME TRUE.

- greg s. reid

www.thesparkmill.com

GIL BOARD MEETING HIGHLIGHTS

The GIL Board of Directors met on March 23, 2021; highlights include:

- Approval of Health and Housing financial statements through February 2021;
- Presentation by Janet Redman on the history of GIL, program details, eligibility criteria, and employee/ client demographics;
- Review of the following for Housing portfolio (238 Willow): approval of 1-year contract extension with Precision PM, annual fire safety inspection for all units, and 2021-22 subsidy entitlement from County of Wellington;
- Update on 2021-22 United Way funding and extension of the agency's MSAA through March 31, 2022 which has been transferred to Ontario Health;
- Approval of The Desk's quote for Strategic Planning work in the upcoming year;
- Planning for the AGM to be held virtually on June 22, 2021; and
- Executive Director's report on employee vaccination rates, staffing levels and client service delivery, Admin office changes, summary of client assistance provided through OCSP and United Way ECSF funding, and the extension of temporary wage enhancement extension to June 30, 2021 (waiting on funding confirmation).

2021

ANNUAL GENERAL MEETING

Tuesday June 22
6-7:30PM

G U E L P H
Independent LIVING

GIL's Board of Directors invite you to attend its virtual AGM via Zoom at:

[Click to Join Meeting](#)

Meeting ID: 847 9285 1907

Passcode: 380761

One tap mobile

+16473744685,,84792851907#,,,,*380761# Canada

OHT PATIENT ADVISORY GROUP



Mike Greer, GIL Board member and disability advocate, has been part of the Guelph & Area Ontario Health Team (OHT) Patient & Family Advisory Group for the past eight (8) months. The goal of the Guelph & Area OHT is to create a health system that works for everyone through participation in and contributions by health partners, providers, and our diverse community. The Patient & Family Advisory group is made up of individuals with diverse roles and voices.

Mike's initial 6-month participation involved contributing to the development of a community approach by the Guelph & Area OHT, designed to keep residents healthy and safe through the prevention and management of COVID-19. During this initial phase, the group's participants worked to develop a concise set of activities that *"advanced a community level approach to keeping the residents of Guelph & Area healthy and safe through the prevention and coordinated management of COVID-19 and its secondary health impacts."*

As work continued, the group started to provide input on a 'Ontario Health Care in the Future Survey' to aid the Guelph & Area OHT to look at the future of health care in Ontario for the next 20 years, or the year 2040.

This health care in Guelph & Area survey will look at:

- How to build the patient & family voice into the G&A OHT Steering Committee's Terms of Reference
- What is working well in the health system
- What is not working well in the health system
- What the new OHT strategy should achieve
- What specific actions need to be taken to accomplish these goals
- What residents are hopeful about

In addition, the Patient and Family Advisory group has provided input on how to help strengthen the patient and caregiver interaction experience in navigating the health system, building a strong Patient Declaration of Values, and ensuring the patient voice is heard, respected, and understood. Ontario has a complex health system and the ability to navigate it in a way that does not add undue stress or roadblocks for patients and their caregivers is key to ensuring a strong health system into the future.

Mike continues to learn about the work of the Guelph & Area OHT, and how they want to learn and improve on health care delivery for all residents. In Mike's words: ***"being a voice to help shape the work of this Advisory group brings me great pride."***

Did you know...

Older adults can lose 1-5% of muscle mass each day if they are not physically active. Moving to music can help prevent this loss.



ACCESSIBILITY STANDARDS ADVISORY COUNCIL WELCOMES NEW CHAIR

The Ontario Government has appointed Matthew Shaw as the new chair of the province's Accessibility Standards Advisory Council. In this role Matthew will work with 10 other council members to set the council's goals, objectives and strategic direction within its mandate; and is responsible for providing high level strategic advice to the Minister for Seniors and Accessibility on accessibility and matters related to the AODA.

"Matthew Shaw is a dedicated champion of disability rights and accessibility, and brings a breadth of knowledge to the council," said Raymond Cho, Minister for Seniors and Accessibility. *"His broad experience and enthusiasm in advancing access-*

ibility across many different sectors will help ensure meaningful and thoughtful input and advice as we work to build a more accessible and inclusive province. Creating a more equitable and inclusive Ontario is an ongoing journey that requires many partners, and we're pleased to have such a strong team of advisors on the council."

Recognizing the effects that the pandemic has had on people with disabilities and sector organizations, a crucial priority for the council is to advise the government on how to address accessibility barriers that have resulted from or been exacerbated by the pandemic.

JUNE IS SENIORS' MONTH

Top 3 tips to reduce ageism in our community:

1. Be mindful of ageist comments. Saying, "I don't have as much energy as I used to, I must be getting old" to your children or, "I am having a senior's moment" plants the seed that aging is a time of deterioration. Of course, this is not true and contributes to negative stereotypes.
2. Surround yourself with younger people. Intergenerational activities give older adults and younger people opportunities to learn about each other, build healthy relationships and foster sharing, understanding and mutual respect.
3. Commit to educating yourself about aging. Everyone is unique and making general assumptions and statements about aging reinforces stereotypes.



National AccessAbility Week 2021

May 30 to June 5

**Accessibility and inclusion
benefits everybody**

Red Shirt Day

Wed, June 2, 2021

Show your support for people living with disabilities, accessibility and inclusion. Wear red on June 2nd during National AccessAbility Week and post your photo on social media with the hashtag #RedShirtDay.



SUPPORTING INCLUSIVE COMMUNITIES FOR ALL AGES AND ABILITIES

In early spring of 2021, the Ontario government announced the investment of \$2.9 million through the Inclusive Community Grants program to support 55 diverse community projects. This investment will allow municipal partners, Indigenous groups, and community organizations to strengthen and build more inclusive communities across the province.

“These projects will make a huge difference in the quality of life for older adults and people with disabilities,” said Raymond Cho, Minister for Seniors and Accessibility. *“Through the Inclusive Community Grants, we are taking steps to ensure that municipalities and local organizations are able to make our communities more inclusive and accessible - it’s a great example of what we can achieve when we work together!”*

Projects being supported by this year’s Inclusive Community Grants include:

- Making public buildings and outdoor spaces

more accessible in 13 rural communities in Haliburton-Kawartha Lakes-Brock;

- Accessibility upgrades for public beach access in Kenora;
- Establishing an Age-Friendly Francophone community in London;
- Wellness outreach and service referrals for rural seniors in Sudbury-St. Charles;
- Refresher driving courses for seniors in Chatham-Kent; and
- Culturally appropriate resources (medicine to pray, smudge and wear) for Haudenosaunee Elders at Six Nations.

The Inclusive Community Grants program is part of the government’s plan to support older adults and people with disabilities to participate, stay healthy and connected to their neighborhoods. Municipalities and local organizations across Ontario can receive up to \$60,000 through the program using the province’s age-friendly community planning guide.

CLIENT MEMORIAL



Wayne Keefe was a client in the Outreach program for only a short time. He passed away on Friday February 19 at the age of 78. Wayne was dearly loved by his wife of almost 60 years, Sylvia, four children, many grandchildren, and great-grandchildren.

Canada. He was a community-minded individual who was involved with Scouts Canada; radio broadcasting (volunteer in Lahr, Germany); the Lions Club; and, most recently, he was honoured by Rotary International for his years of community service.

Thank you to Wayne for sharing his determination, kindness and strong-will with us. We are all better for having known him.

During Wayne’s career, he spent 30 years with the Royal Canadian Air Force, both at home and overseas, and 18 years with Air

ONTARIO'S SENIORS DENTAL CARE PROGRAM UPDATE

May 11, 2021 - the Ontario government announced it will be updating the income eligibility criteria for the Ontario Seniors Dental Care Program and the Seniors Co-Payment Program.

“Our government continues to support Ontario’s seniors by ensuring they have access to the quality dental care and the prescription medications they need,” said Christine Elliott, Deputy Premier and Minister of Health. *“Expanding access to these programs to even more low-income seniors builds on our government’s ongoing efforts to protect hospital capacity and will help improve the quality of life and well-being of low-income seniors.”*

In 2019, the Ontario Seniors Dental Care program was launched to provide free routine dental care for eligible seniors across the province. The Seniors Co-Payment Program enables eligible seniors to access essential medication with no annual deductible and a reduced co-payment of \$2 for each prescription.

Starting August 1, 2021, the eligibility criteria for both programs will reflect cost-of-living increases in Ontario and align with income support programs for seniors. Income thresholds will be updated from \$19,300 to \$22,200 for single Ontarians aged 65

and over, and for couples with a combined annual income, from \$32,300 to \$37,100. This will allow approximately 7,000 more seniors to access the Ontario Seniors Dental Care Program and 17,000 more seniors to access the Seniors Co-Payment Program in 2021-2022.

For the Seniors Co-Payment Program, individuals who are eligible based on the new income thresholds can apply now by completing the application found [online](#) or by requesting an application over the phone, toll free at 1-888-405-0405 or 416-503-4586. Applying early will help ensure eligible seniors receive the reduction in their drug deductible and co-payment on time to minimize out-of-pocket expenses. Once an application has been submitted, eligibility will be assessed to confirm enrollment for the year.

For the Ontario Seniors Dental Care Program, eligible seniors can apply at any time [online](#), downloading and printing the [application form](#) or by contacting their local public health unit to pick up an application. The form can be submitted online or by mail. Applications can be submitted beginning July 1, 2021 for assessment under the new income thresholds for the Dental Care Program.



MEALCARE GUELPH SUPPORTS FOOD SECURITY

There are three MealCare chapters across Canada, one in Ottawa, another in Montreal, and now one at the University of Guelph. MealCare was founded by students at McGill University with the specific intention of reducing food waste on campus while tackling food insecurity by redistributing surplus food to those in need. Operated entirely by student volunteers, they collect and redistribute surplus food to shelters and soup kitchens in the community.

University of Guelph students, David Shai and Kiana Gibson, co-founded MealCare Guelph after realizing they shared a vision to improve food security in the community. Meeting in their freshman year in 2018, their idea came together roughly six-months later when MealCare Guelph officially made their first donation.

To date, MealCare Guelph has donated 16,000 lbs of food. Surplus food from kitchens around campus is redistributed to places such as Lakeside Hope House and the Welcome In Drop-In Centre.

Their team has quickly grown, and co-founder, Sahai states, *“Without our team we could not have done what we wanted to do and achieve. This was the result of two students on campus who saw the ability for change. I really hope that this provides an example where students can make change on campus where perhaps they might not have thought was possible.”*

Like many other organizations the pandemic has placed barriers on its operations, but both Gibson and Sahai say it has also highlighted where the community can do more. Food production at UofG has been significantly reduced due to fewer students being on campus as well as declining donations due to Public Health regulations and guidelines, and recipients’ reduced capacity to donate.

However, both Sahai and Gibson continue to be impressed by the dedication demonstrated by the team of volunteers that contribute to MealCare Guelph.

“Everyone takes little pieces of the puzzle, and even during COVID It’s been really amazing to see how all these students who have no obligation to do MealCare contribute,” Gibson says.

For full article: <https://www.guelphtoday.com>



NEW FEATURES AT GUELPH SPLASH PAD

The Hanlon Creek Splash Pad, in the city's south end, was one of the first splash pads built in Guelph. As part of a makeover after 20 years, the upgrades will make the splash pad more accessible and contribute to the city's carbon-neutral targets by being 100% solar powered.

Unfortunately, these construction upgrades mean the pad will be closed for the 2021 season.

"Whenever we do a project, especially a replacement project, the problem is the construction season is the same as the season to use those facilities," said Jyoti Pathak, Parks planner for the City of Guelph.

Some accessibility concerns at the current splash pad have been identified, such as a fence around the splash pad which was originally installed due to an entrance fee for using the pad. Additionally, rubberized material used will be replaced with a concrete base.

"Originally this splash pad had rubber surfacing, which was causing a lot of grief for city staff because it required a lot of maintenance and it is difficult to get rubber surfacing perfect," said Pathak. *"It's important to have something that doesn't corrode and requires less maintenance."*

Perhaps the most significant change in the new design will be the solar system that will fully power the splash pad, generating about 15,000 kWh per year. The first of its kind in Guelph to be fully powered by solar energy.

The new project will continue to use a closed-loop recirculation process, in which the water is collected and conserved, as opposed to a more wasteful 'pump-and-dump' system used in some splash pads. The water used by the splash pad is stored in tanks on site; however, the drains switch over so rainwater can escape when the splash pad is not in use.

The new Hanlon Creek splash pad is expected to be completed by October to be ready for the 2022 season.

"I am really excited that this project is going to be accessible and it's going to have the benefits of the solar panel," said Pathak.

For the full article: <https://www.guelphtoday.com>



VACCINE STATUS FOR WELLINGTON-DUFFERIN-GUELPH AS OF MAY 19

Maximum number of doses administered in one week = 15,061	52.3% of eligible population (16+) received one dose
Maximum number of doses administered in one day = 3,422	Total number of doses given in primary care office or pharmacy = 23,820

Age Group	Percentage with First Dose
80+	97%
75-79	94%
70-74	90%
65-69	84%
60-64	82%
55-59	67%



Marjorie and Nellie got the shot!



14 diseases we've controlled (thanks to vaccines)

- Polio
- Measles
- Tetanus
- Whooping Cough
- Influenza
- Pneumococcal Disease
- Hepatitis B
- Mumps
- Hepatitis A
- Chicken Pox
- Rubella
- Diphtheria
- Hib

LET'S ADD COVID-19 TO THE LIST!




THE 'HUG GLOVE'

Carolyn Ellis of Guelph was eager to hug her mom for Mother's Day in 2020, but because of COVID restrictions, it was impossible.

With the help of her husband, Ellis found a big plastic sheet, created sleeves out of garbage bags which she taped through the arm holes. This creation was hung on a clothesline in their backyard so they could give mom the gift of a hug.

Ellis posted a home video and photos of the family using the Hug Glove, which instantly went viral. She received many requests from around the world to order the Hug Glove. A year later, Ellis has teamed up with Kitchener-based Barbarian Medical Inc. to manufacture her product. Production is underway with the goal to have product ready for shipment by May 25. Information can be found at their website at: [HOME | The Hug Glove](#)

Ellis adds the Hug Glove is something she hopes can be used post-pandemic, especially in the health care system. It is made of plastic sheeting and soft isolation gown material making it easy to clean and reuse. The design allows people to hug with comfort and convenience since it uses soft material and hangs within a door frame.

Ellis' goal is *"to get them into nursing homes or to isolated people who maybe have pre-existing conditions or have suppressed immune systems, such as individuals with transplants or who are going through cancer treatments. This is just recognizing that both parties need that hug. The human touch and connection, the physical feeling has such an impact on physical health as well as mental health."*



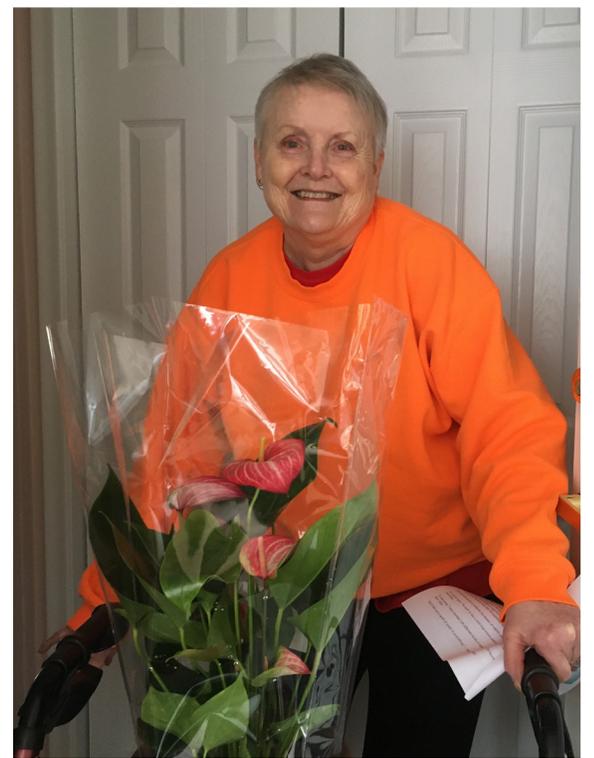
"You cannot control everything that happens to you; you can only control the way you respond to what happens. In your response is your power."

~ Anonymous

HAPPENINGS AT GIL



With pride, employees show off their new GIL hoodie.



To celebrate spring, flowering plants were delivered to all GIL clients. In this picture is Julia, an Outreach client.



The good folk at Dublin participated in a St Patrick's day Raffle. Winner Brian C, won a hat, gift basket of several lucky green items for guessing how many jelly beans were in the jar!! He was only 14 away!

GUELPH HUMANE SOCIETY'S NEW LOCATION

It is official, the Guelph Humane Society (GHS) has moved into their brand new 18,000 sq. ft centre located at 190 Hanlon Creek Blvd. GHS provides care and shelter for 3,000 domestic and wild animals on average per year, and this new centre will make their work easier. Fundraising to ensure this work is essential; to-date, GHS has raised \$9 million of their \$10 million goal.

GHS has always been creative in their fundraising efforts; this year they introduced their first virtual lottery, *Unleashing Hope 50/50*. This fundraiser ran until April 15 and the lucky winner took home 50% of the proceeds, a grand prize of \$43,325!

"We thought it would be a fun way for people to participate in helping us to support our new facility," says Reynolds, GHS' Annual Giving Development Officer. *"Raising this money means that we won't have to pay a mortgage so that means any funds generated can be directly used in the care of animals and in specialized programs like emergency boarding for vulnerable populations or puppy training classes and pet loss support groups."*

The Guelph Humane Society provides animal sheltering, surrender and adoption services, veterinary care, pet identification, and return of lost pets. They also provides care to sick, orphaned and injured wildlife. Triage and emergency care is offered to wildlife and then these animals are sent to rehabilitation centres.

"Out of the 3,000 animals that we'd see in a year, half would be domestic pets and farm animals, and the other half is wildlife," says Reynolds. Farm animals, rabbits, injured Canada Geese, orphaned fawns or snapping turtles are all treated compassionately.

GHS is also contracted by the city of Guelph, the Township of Centre Wellington, and the Township of Guelph-Eramosa to provide animal services. Staff enforce animal related by-laws, help stray domestic animals, respond to citizens with animal concerns, and provide emergency response to stray animals that are sick or injured.

There are roughly 100 animals currently receiving care and attention at the new facility. And although the sounds of animals are heard throughout the building, staff look forward to opening their doors to the public, to host camps and birthday parties, and simply watch visitors interact with the animals.

"Shortly after things shut down due to COVID (2020), we started offering Contactless Virtual Adoptions, where people can go onto our website and if they see an animal they'd like to get to know, send in an expression of interest form. We then follow up with a virtual meeting to talk about if that pet would be a good fit and find the best match," said Reynolds. Payments are virtual and pickups are arranged to continue to adhere to physical distancing protocol.

For the full article: <https://www.guelphtoday.com>



VINTAGE SWEARS!

We are including this as a ‘fun’ activity and hope it doesn’t offend. Find mild insults and expressions listed below that were more popular in the past.

S T I N K S S H E E S H Y Y R
 J B M L Q B Q L J B J N Z N M
 R R O T Y R W G B N L Z Y J R
 R B W L E R J D R N Q P W M B
 J Q R G O Z A Q P V X R L M K
 X N O D H N J T V V M B N C D
 L O R M W O E E S T K Z I L D
 B U S R A S G Y E S I T J Z Q
 T D G U K L J W T P S C N V N
 Y K A C C L A A A E E X K D K
 K T U N B K R R L S Z R D E Y
 T H R J G D S D K N H J S R D
 S Y J O X V D G N E L D D N R
 N N Z M L I M D L X Y P X Y R
 L Z J N F L M M L N Q K X N T



- | | |
|-------------|---------|
| malarkey | sucks |
| fiddlestick | stinks |
| booger | troll |
| shucks | jeepers |
| rats | sheesh |
| drats | ticked |
| hogwash | turd |
| boloney | dang |

SELF CARE TIPS

Taking good care of ourselves means that we look after our minds, our bodies and our souls.

Here are 5 ways we can do just that:

- **Write an encouraging email** or a thoughtful note to a friend or family member every week.
- **Take time to be in awe of nature**, whether it is the snow drifts, cloud formations, sunrise or sunset.
- **Turn off the news** and turn up your favourite music. Now is your chance to be the great conductor!
- **Move your body** every single day, stay hydrated and get a good night’s sleep.
- **Cosy up with a good book**; be taken somewhere without ever leaving home.



