

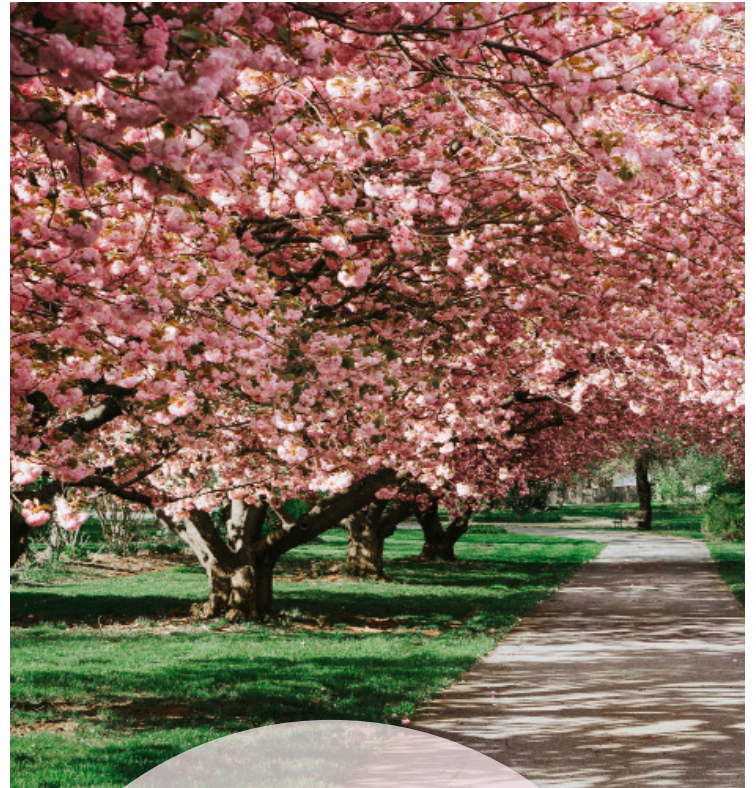
# New Directions

**Spring 2023**

GUELPH  
Independent **LIVING**

Quarterly Agency Newsletter

[www.guelphindependentliving.org](http://www.guelphindependentliving.org)



## Inside:

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- National Indigenous Peoples Day
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- Happenings at GIL

“The first  
blooms of spring  
always make my  
heart sing.”

~S. Brown

## FROM THE EXECUTIVE DIRECTOR'S DESK...

Before you can move in new directions, you must first let go of what's not working for you.

~Alberto Villoldo

Greetings everyone!

I hope this newsletter finds you all in good health and spirits. We have survived the winter.....yet again! And there is hope – we have been enjoying some beautiful sunshine so far!

As our journey of growth continues at Guelph Independent Living, we are constantly making progress in areas where we need to perform better. We are continuously learning the good things and unlearning the not so good things. Like the saying above – we need to let go of what's not working for us – so we can all move in a new direction. We have increased the support for our frontline and

admin staff in technology and processes that will help them focus on delivering quality client care. We have improved our communication and care delivery to our clients and always willing to learn more about how we can better deliver care to you.

With the summer coming soon, we are planning to conduct some summer activities for our clients and staff. Please stay tuned for more details. Enjoy your summer and stay healthy!

Sincerely,

*Malcolm Ponnayan*

2023

### ANNUAL MEMBERS MEETING

Thursday June 29  
5:30-7:00PM

GUELPH  
Independent LIVING

GIL's Board of Directors invite you to attend its Annual Members Meeting

Location: Community Living Guelph Wellington Activity Room  
8 Royal Rd, Guelph, ON N1H 1G3

Light refreshments at 5:30pm  
Please RSVP by June 16 to:  
r.calame@guelphil.org  
Rowena | 519-836-1812 ext 220

# REMINDER

We recognize that sometimes it may be necessary to reschedule or cancel your bookings due to appointments, emergencies, or illness. If this is the case, we kindly request that you contact your program coordinator during regular business hours or your program staff office after business hours and leave a detailed message.

We understand that unexpected circumstances can arise, and we appreciate your cooperation in keeping us informed so we can adjust our

schedules accordingly.

**Outreach After Hours Client Cancellation Line  
519-767-1084**

**85 Neeve Staff Office 519-824-0418**

**87 Neeve Staff Office 519-824-1711**

**238 Willow Place Staff Office 519-836-2203**



You're invited to an afternoon of laughter, delicious food, and pure fun at our eagerly anticipated GIL Agency Picnic! Mark your calendars for Thursday, August 10th, as we gather for some fun in the sun.

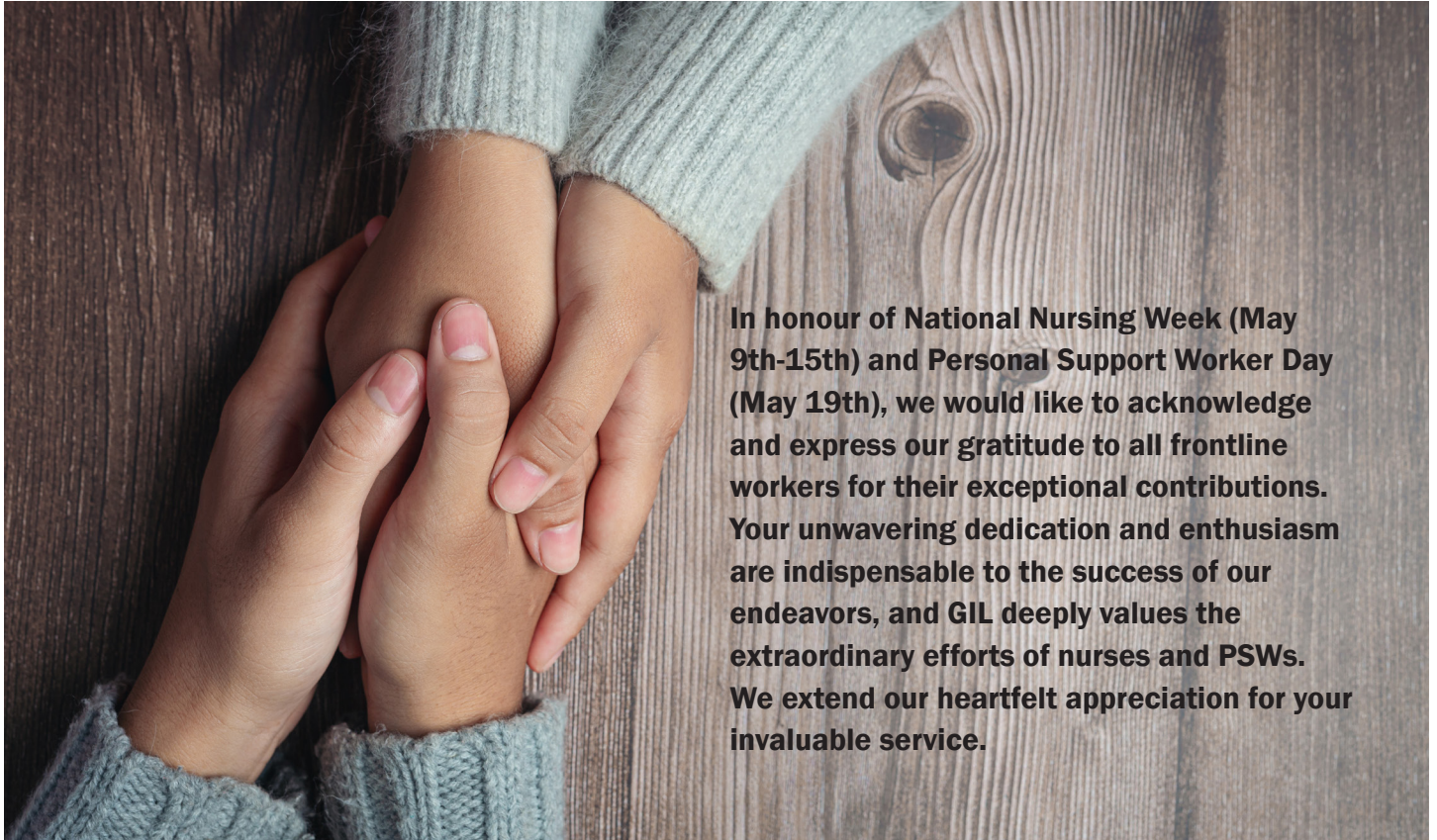
**Where:** Riverside Park, Large Pavillion

**When:** Thursday, August 10th, from 1:30 PM to 4:00 PM

Food will be served starting at 2:00pm

RSVP to Rowena at 519-836-1812 ext 220 by Friday July 28.

# NATIONAL NURSING WEEK AND PSW DAY



**In honour of National Nursing Week (May 9th-15th) and Personal Support Worker Day (May 19th), we would like to acknowledge and express our gratitude to all frontline workers for their exceptional contributions. Your unwavering dedication and enthusiasm are indispensable to the success of our endeavors, and GIL deeply values the extraordinary efforts of nurses and PSWs. We extend our heartfelt appreciation for your invaluable service.**

## GRATEFUL

Below piece is pulled from a client's social media page.

“On May 19th, we celebrated Personal Support Worker Day, but for me, it's a day of appreciation that extends far beyond a single occasion. Every day, I am grateful for the incredible Attendant Service Workers from Guelph Independent Living who have made such a profound impact on my life.

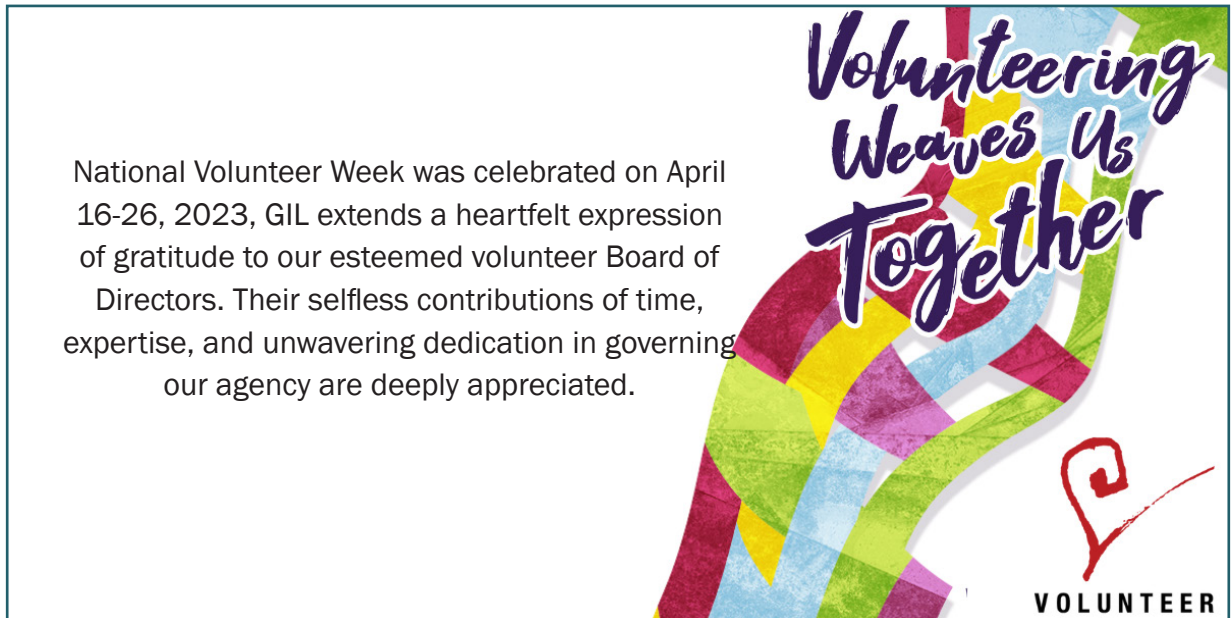
I recently had a heartfelt conversation with one remarkable PSW, expressing my deep gratitude for their presence in my life. They are the ones who

hold my hand during moments of overwhelming despair over my loss of mobility. They are the ones who motivate me to keep walking, even when the pain feels unbearable.

Thanks to their unwavering support, I can now walk longer distances and accomplish tasks like cleaning hard-to-reach spots, all without any judgment.”

**“Every day, I am grateful for the incredible Attendant Service Workers from Guelph Independent Living who have made such a profound impact on my life.”**

~Judy



## SPEED CAMERAS

The City of Guelph has announced that it will install its first automated speed cameras at four locations, starting from August 1, cameras set up at Westwood Road, in front of Westwood Road Public School; Colonial Drive, in front of St. Ignatius of Loyola Catholic School; Metcalfe Street, in front of King George Public School; and Ironwood Drive, in front of Fred A. Hamilton Public School.

The cameras will be rotated every three months and will be installed at 16 different locations.

City council approved the new cameras in July 2021, as part of a new community road safety policy, which also included the installation of six red light cameras at various locations around the city. The red light cameras issued tickets for 3,580 violations in 2022, bringing in nearly \$265,000 in revenue, which will be utilized for road safety planning and improvements in Guelph.



# GUELPH CIVIC MUSEUM EVENTS

## **Who What Wear: 200 Years of Local Fashion**

March 4 - September 3

Through clothing and photographs, the Who What Wear exhibition tells the stories and experiences of individuals who have lived in Guelph for over 200 years. The exhibition showcases a range of apparel, including nightwear, undergarments, work uniforms, sportswear, streetwear, and formal attire, as well as shoes, accessories, and other fashion-related items from the 1800s to the present day.

## **No Word For Art: Exploring the Indigenous Roots of Creativity**

April 11 - October 29

The No Word for Art exhibition, curated by Naomi Smith, offers a historical and contemporary perspective on the First Nations people of the Woodlands and Northeastern regions of Ontario, using the story of beads as a lens. The exhibition showcases Indigenous beadwork, which was an important medium for survival and artistic expression for historical artists. Alongside these works, the exhibition features contemporary beadwork that draws upon traditional techniques and imagery.

“Honouring our traditions is my voice within and beyond my culture and community. Traditionally, there is no word for ‘art’ in Native languages, yet artistry and visual expression are critical in defining who we are as First Nations people. It is this path I wish to exemplify through my teachings and my work.”

— Naomi Smith

## **General Admission Rate**

\$6.00 Adult, Senior (65+), Student (15 years old to College/University), Child (4 to 14 years old)

\$18.00 Family — 2 adults & 4 children maximum  
Children under 4 are free

## **Fourth Friday: James Gordon**

Jun 23@ 7:00 pm - 9:00 pm

Every Fourth Friday of the month enjoy free admission to the Civic Museum from 5 p.m. to 9 p.m., and a free concert starting at 7 p.m.

James Gordon is a highly accomplished and versatile Canadian entertainer. He has had a remarkably diverse career, recording numerous albums as a solo singer-songwriter and with the influential trio Tamarack. His music spans various genres and he has toured extensively worldwide. Additionally, James has written for symphony orchestras, scored films, and served as a songwriter-in-residence on CBC radio. He is well-known for his socially conscious songs, addressing topics such as social justice, heritage, and the environment. Beyond his music, James is a record producer, playwright, author, community activist, and theater director. He continues to make significant contributions to the Canadian entertainment industry.

To attend in-person, get your ticket here:<https://www.eventbrite.ca/e/fourth-friday-james-gordon-tickets-641434125737> The concert will also be streamed on their Facebook Page, and available for a limited time afterwards on their YouTube channel and Museum Everywhere portal.



# NATIONAL INDIGENOUS PEOPLES DAY

National Indigenous Peoples Day is celebrated on June 21 to honor and appreciate the unique heritage, diverse cultures, and remarkable contributions of First Nations, Inuit, and Métis peoples in Canada. Although these groups share some similarities, each has its own distinct language, cultural practices, spiritual beliefs, and heritage. This is an important day to gain a deeper understanding of the diverse cultures, histories, experiences, and perspectives of First Nations, Inuit, and Métis peoples. By learning about Indigenous Peoples, their communities, and their experiences,

Canadians can take an important step forward in the ongoing process of reconciliation.

The Government of Canada, in collaboration with Indigenous organizations, selected June 21 - the summer solstice - as the date for National Aboriginal Day, which has since been renamed National Indigenous Peoples Day. For generations, many Indigenous peoples and communities have celebrated their culture and heritage on or around this day, recognizing the significance of the summer solstice as the longest day of the year.



## CLIENT MEMORIAL

**Shelley Franklin** - It is with a heavy heart we share that Shelley Franklin passed away on Wednesday, April 19, 2023. Shelley was a client with the Willow Place program for 4 years and was the absolute model of independence. It was our honour to provide Shelley with services.

Thank you to the wonderful Willow Place team for always providing Shelley with compassionate, respectful care that supported her individuality. Special note of thanks to Wendy and Elsa for their professionalism.





**SAVE  
the  
DATE**

**SAT  
JUNE  
24  
10 am-  
5 pm**

# ART

*on the street*



*drawing by* **ELEANOR STEWART**

**Looking for something fun to do?**  
Art on the Street, a vibrant event in Downtown Guelph, will be making its return on June 24th. The Guelph Arts Council and the Downtown Guelph Business Association are joining forces as co-hosts to bring this exciting event to life once again.

# Multicultural Festival

**Riverside Park - June 9-11, 2023**

**Friday June 9, 5pm-11pm**

**Saturday June 10, 11am-11pm**

**Sunday June 11, 11am-6pm**



## Festival Features

- Food from Around the World
- Midway Amusement Rides
- Community Networking
- Cultural Performances
- Live Music & Dancing
- Shopping
- Arts & Crafts
- Highland Games
- Free Face Painting
- Children Activities



# TASKS IN HOT WEATHER

We would like to remind you that extreme heat can pose a health risk for everyone, including our frontline staff who provide personal care and housekeeping assistance in your homes. Heat exhaustion can occur at any time to anyone, and during the COVID-19 pandemic, our frontline staff are required to wear full PPE for showers, which can increase the humidity level higher during those circumstances.

Therefore, we kindly request that you keep your homes as cool as possible while our frontline staff are providing services. We ask for your cooperation in the following ways:

- Minimizing housekeeping tasks during hot weather
- Allowing flexibility for frontline staff and/or Supervisors to reschedule housekeeping to occur early or later in the day to avoid heavy work in extreme heat

- Turning on your air conditioners (if installed) and fans prior to bookings
- Allowing flexibility for our frontline staff to open windows or run air conditioners and fans during your bookings
- Allowing flexibility for our frontline staff to keep the bathroom door open while assisting with showers/bathing



By taking these precautions, we can work together to minimize the risk of heat exhaustion for our frontline staff while they provide services to you.

Thank you for your support as we strive to make efforts to provide quality services to you and provide a safe working environment to our frontline staff during hot summer months.

# MASK UPDATE

We would like to inform you of some changes to the masking policy. Please be advised that masks will no longer be required to be worn outside of client homes. If employees want to wear a mask in any other area on GIL property they are free to use at their discretion.

Frontline staff continue to screen regularly as per GIL self-screener policy, as well as follow all PPE protocols.



# HAPPENINGS AT GIL

As we embrace the vibrant season of spring, let us celebrate the remarkable seniors at Grange who embarked on their creative journey through the below paintings. On the following page flower arrangements were beautifully created and put together by tenants at Dublin. Their dedication to artistic expression not only yields stunning works of art but also enriches their lives with numerous cognitive, social, and emotional benefits. Let their passion inspire us to embrace our own creativity

and find solace and joy in the transformative power of art.

We are incredibly grateful to have the opportunity to express our utmost appreciation for our SSW employees. They are invaluable and caring individuals who have proven time and again to be an incredible asset to our team. We consider ourselves extremely lucky to have them as a member of our organization





## THANK YOU!

During the previous Christmas season, a client confided in us about her challenging emotional state, experiencing considerable pain and discomfort to the point where she contemplated relocating to a nursing home. However, one of our GIL staff members provided her with valuable support by encouraging her to take walks and even offering to accompany her. This particular attendant consistently offered words of encouragement over several weeks, motivating the client to take small

steps towards improvement. As a result, she noticed an increase in happiness, energy levels, and even experienced weight loss. The client found renewed joy and love for life through these encouraging words, and successfully achieved her goal of visiting the pool.

**“I just want to thank her!..thank her from the bottom of my heart!”**

## NOON HOUR CONCERT SERIES

<b>JUNE 2ND</b>	CHAIRMEN OF THE BOARDS - A SURF BAND	<b>JULY 7TH</b>	THE FLAMINGOS
<b>JUNE 9TH</b>	SWOON	<b>JULY 14TH</b>	SANDY MACDONALD DUO
<b>JUNE 16TH</b>	MOONBEAN	<b>JULY 21ST</b>	TBA
<b>JUNE 23RD</b>	PLANK ROAD REVELATORS	<b>JULY 28TH</b>	DANIELLE TODD
<b>JUNE 30TH</b>	NAOMI & THE SCAVENGERS		

FRIDAYS IN JUNE AND JULY | ST GEORGE'S SQUARE, DOWNTOWN GUELPH

The 2023 Noon Hour Concert Series is a summer music event happening in St George's Square every Friday in June and July. The concerts are open to the public and free of charge. People of all ages are invited to bring their own brightly colored sun loungers or enjoy the show from the Capistrano patio. Attendees can indulge in freshly made food while listening to the performances. Remember to bring an umbrella for shade and water to stay hydrated.

The series starts on Friday, June 3rd, with The Chairmen of the Boards playing surf-rock instrumentals. It continues with various acts, including a jazz tribute to the Beatles by the Sandy Macdonald Duo,

an all-pink doo-wap band called The Flamingos, and cool cat synth music by Moonbeam. The final concert on July 28th features Nashville-based singer Danielle Todd.

Organized by the Downtown Guelph Business Association and curated by Kaleidoscope Music, a local promoter, the series promises professionally selected artists. The setup and event initiation will be handled by the Community of Hearts, a local group of roadies. It's a fantastic opportunity for music lovers to enjoy live performances in a vibrant outdoor setting throughout the summer.

# COOLING TECHNIQUES

## STAYING COOL WHEN IT'S HOT OUTSIDE!

POWERED BY SYSTEMS 24-7

### PULSE POINTS

Cooling down your body with cool water or ice seems like a no-brainer. But the key is in the location of where you apply the cool.

Our body is equipped with **Quick Cooling Spots** also known as pulse points. "Blood near the surface of your skin can transfer heat into the surrounding atmosphere, and it circulates back a bit cooler than it was before," says Stephen Cheung, Canada Research Chair in environmental ergonomics at Brock University in St. Catharines, Ont.

Essentially, by applying a cool compress or water to the pulse points, you can cool your blood and body temperature. If using a cloth, make sure it's cool and not cold. Also, don't use ice directly on the area, make sure it's wrapped in a thin cloth.

### FOODS THAT HELP REDUCE BODY HEAT

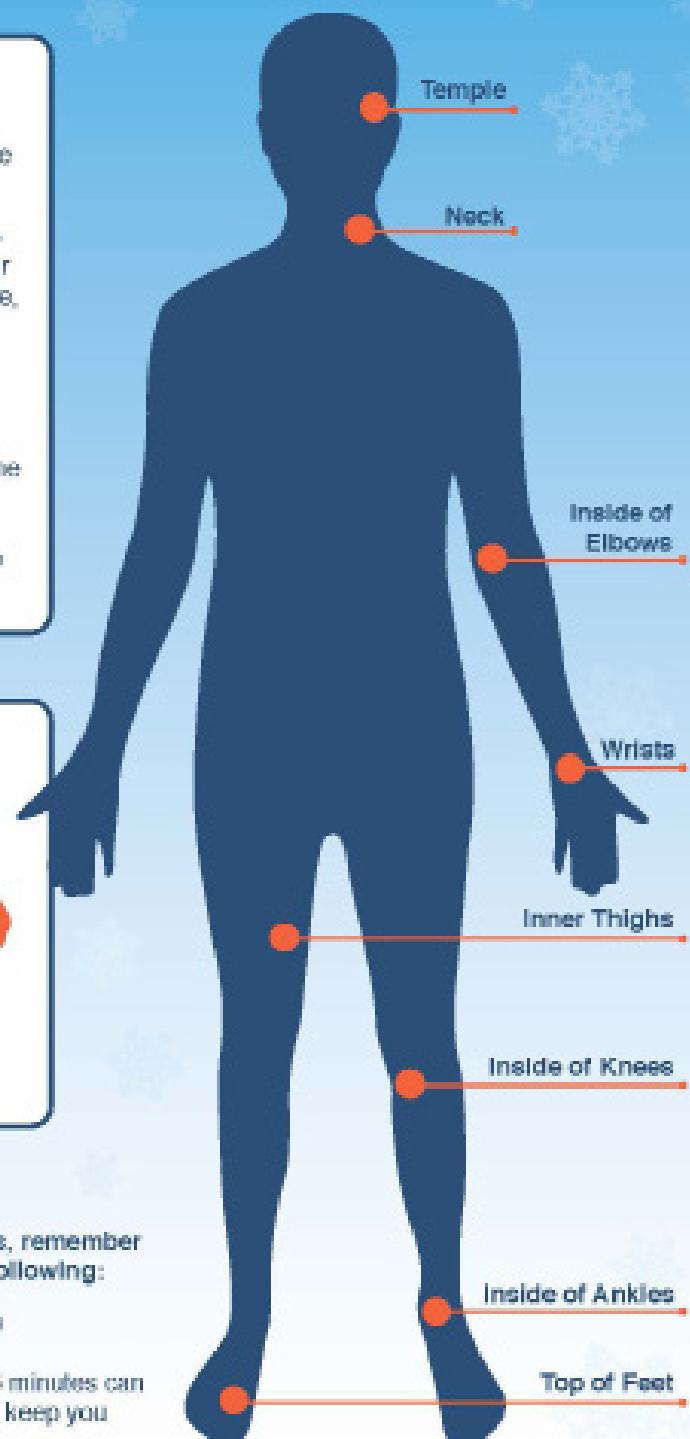
- Honeydew melon
- Peaches
- Apricots
- Watermelon
- Buttermilk
- Coconut water
- Cucumber
- Bananas
- Citrus Fruit Juice
- Organic teas like mint or fennel green tea



### KEEPING COOL BASICS

Whether cooling pulse points or eating cooling foods, remember to set yourself up for cooling success by doing the following:


1. Wear Cotton – it's breathable and promotes ventilation
2. Find shade or air conditioning to cool off
3. Drink cool water – Drinking sips of cool water every 15 minutes can also help lower your core body temperature as well as keep you hydrated.



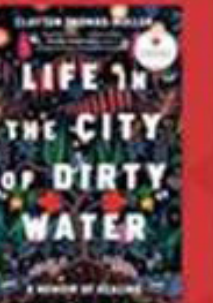
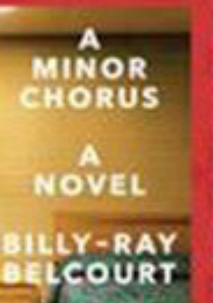
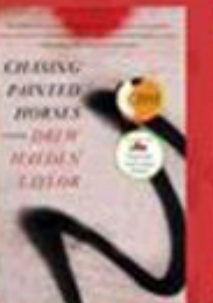
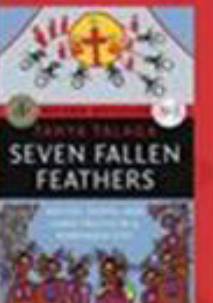



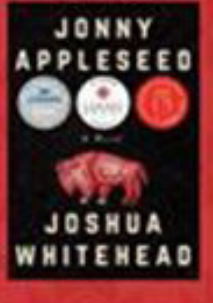
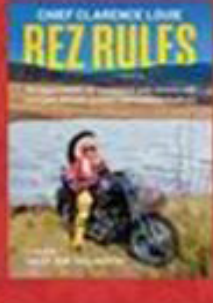
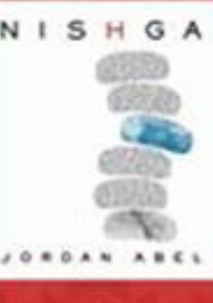
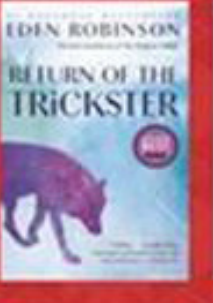

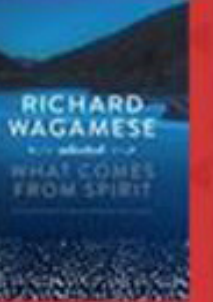





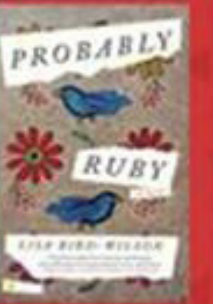
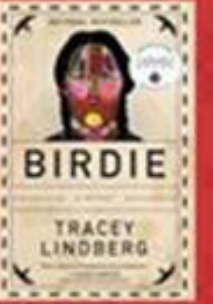
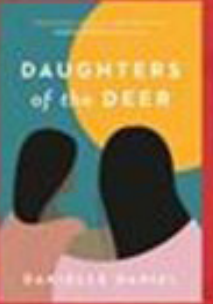



# Indigenous

Reading For Reconciliation

Guelph Public Library  
Explore • Connect • Thrive



SCAN ME



Place your holds at [www.guelphpl.ca/catalogue](http://www.guelphpl.ca/catalogue) or scan the QR code to get started!