

New Directions

FALL 2022

GUELPH
Independent **LIVING**

Quarterly Agency Newsletter

www.guelphindependentliving.org



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- FLW Celebrate 35 & 25 Years
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GIL Administration Offices will be closed:

Thursday December 22, 12pm

Friday December 23

Monday December 26

Friday December 30, 12pm

January 2, 2023



EXECUTIVE DIRECTOR MESSAGE



Greetings!

Lately, I have been reflecting on our community and I was directed towards this famous profoundly important question by Martin Luther King Jr – “Where do we go from here – chaos or community?”

With so many changes happening around our community, especially to the health needs – I am compelled to say we go towards the direction of a community.

Guelph Independent Living in the past few months have been on a path of sowing seeds of change, that we cultivate better for the

future of our clients and employees. The sown seed will come pushing out of the ground to produce a crop that will serve the many needs of our community.

We all remain faithful, patient, and persistent throughout this period as we go through some of the changes that are much needed for our organization.

Thank you for the opportunity to serve you, and work with you.

Sincerely,

Malcolm Ponnayan

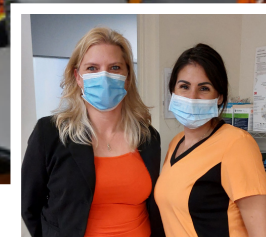
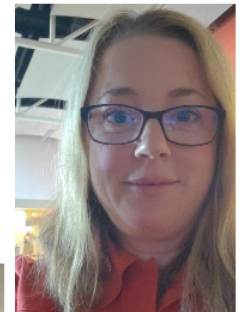
ORANGE SHIRT DAY

Why is Orange Shirt Day on September 30th? Orange Shirt Day is a way to invite others to join conversations about the legacy of residential schools. The thirtieth of September was chosen because it was the day that, for generations, Indigenous children were taken from their homes and forced into the schools

Why is it called Orange Shirt Day?

The use of an orange shirt as a symbol was inspired by Phyllis Jack Webstad’s story, whose personal clothing—including a new orange shirt—was taken from her during her first day of residential schooling.

On this day GIL wore orange to honour the First Nations people and to observe those who never returned home.



Celebrate International Day of Persons with Disabilities (IDPD) on December 3

The theme this year is “Transformative solutions for inclusive development: the role of innovation in fuelling an accessible and equitable world”.

ANNUAL MEMBERSHIP MEETING

On September 27, 2022, Guelph Independent Living (GIL) hosted its Annual Membership Meeting via Zoom.

Management provided an overview of the agency's activities for the 2021-2022 fiscal year including highlights of: client support, human resources, Willow Place, and financial reports.

Following the formal business portion, we

congratulated three Board members who completed their terms at GIL. Kala Flannery, Leslie Eckel and Pam Polfuss-Schmidt who brought a wealth of skills to the organization and will be deeply missed. Due to COVID-19, we did not present our employee service awards in person; however, we acknowledged the achievements of the 14 employees receiving awards this year for 5 to 35 years of employment at GIL. Please see profiles of these dedicated and hardworking individuals below.

SERVICE AWARD PROFILES

Rowena C, 5 Years

Rowena started in the Outreach program, transitioned over to Home Help and now holds the Executive Assistant role. You will find her at reception and assists wherever she is needed. Congratulations on her 5 year service award.

Dawn, 5 Years

Dawn has been with the Outreach program since her first day at GIL. We look forward to our ongoing employment relationship with Dawn. Thank you for your commitment and service.

Jan H, 5 Years

Congratulations to Jan on 5 years of service. Jan gives her very best to the GIL clients she serves and to her coworkers within the Outreach program.

Pardeep K, 5 Years

Congratulations to Pardeep on her 5 years of service. Pardeep is dedicated to the health and welfare of the clients bringing her compassionate personality to every shift. She currently works in the Willow Assisted Living program.

Marjorie M, 5 Years

Thank you for 5 years of dedicated service with GIL. Your smile and caring nature is much appreciated by the clients and Outreach team.

Heather W, 5 Years

Congratulations on 5 years of service. Your clients truly appreciate your commitment and dedication. Thank you for being a part of the Outreach team.

Connie E, 10 Years

Connie has been with the Outreach team since starting with GIL. Her experience, compassion and calm nature are truly valued by clients and her Outreach coworkers. We are truly grateful for your service.

Terhas T, 10 Years

Terhas has been an amazing asset to the Assisted Living team. She brings a quiet, contented, calm assurance to her clients and coworkers. Terhas seamlessly works in all assisted living and seniors programs which makes her invaluable. Thank you Terhas your work ethic and compassion are most appreciated!

Ibby U, 10 Years

Ibby is an anchor at the Willow Place night shift team. Ibby always brings her positive caring attitude to all she does, always making people feel so great. Her care, dedication, and humour always shine and is greatly appreciated by coworkers and clients.

Julia K, 15 Years

Julia is an integral team member of the 87 Neeve St assisted living program. Her collaborative, calm, and self-assured nature is always appreciated by clients and her team. She is our go-to when insight is needed, she is dependable, caring and compassionate. Her side hustle as jewelry maker also keeps her busy.

Barbara, 15 Years

Barb has a full-time job with Service Canada and has worked as a casual worker at 87NV for years. She is loyal, dependable, hardworking, caring and compassionate.

Brandi W, 25 Years

Brandi is an integral part of the 85 Neeve St team, always taking part in the themed potluck lunches, bake sales and always offering great suggestions to ensure things run smoothly.

Her fun and reliable nature is appreciated by her coworkers and clients, who look forward to her caring and thoughtful manner.

Lisa H, 35 Years

Congratulations to Lisa on achieving this milestone! Lisa has been serving clients since 1988, her compassionate, patient, and caring personality is appreciated by clients and coworkers. Thank you Lisa for your continued dedication and commitment to GIL.



LISA CELEBRATES 35 YEARS WITH GIL

Lisa, Outreach Attendant Service Worker, shares her thoughts about working at GIL as she celebrated her 35-year anniversary with our agency.

“Wow” 35 yrs.! I was 20 something when I started working for GIL. At the time it was called “Guelph Services for the Physical Disabled” and it ran out of a one-bedroom apartment on Speedvale Ave, called the Twin Towers. The lady training me said, “you will never last at this job”, well 35 yrs. and counting!

I remember my first shift and the person training me said, “Oh, by the way you will see men naked.”

She opened the apartment door to my very first client, my very first evening shift and there he was standing in the in the kitchen stark naked. Well, I turned about 50 shades of red.

I have learned many things over my 35yrs from clients. I have learned how to be patient when the client is trying so hard to tell me what they need. I have learned that a smile goes a long way even to the grumpiest client. Sometimes we are the only people they see from week to week. I have learned in this job you have to be a hairdresser, counselor, problem solver, and sometimes just a friend.

For me the hardest part of my job is seeing a client’s disability getting worse. I see clients go from walking, talking, and even driving, to sitting in a wheelchair in a nursing home. Saying goodbye to a client after they have passed away is the most difficult. I have found that by attending the funeral or just lighting a candle at home is the best way to

process this sadness.

One of my favorite things is being a leisure attendant. I love getting to know clients in a more social setting. Going Christmas shopping to help them pick out that special gift for a loved one, watching the client light up at a play or going to the zoo. I asked a client how they would call a tiger and said, “you can’t say here kitty kitty.” Without batting an eye, she yelled “cat” that’s how I would call a tiger. Well, I laughed so hard.

These little things mean the most to me.

I try and always remember that the client is letting us into their lives when they are at their most vulnerable. I treat them with respect because someday we could be in the same situation, or it could be a family member that needs help.

I have been at this job for over half my life, and I wouldn’t want to be anywhere else. I love being a part of the outreach team. I love helping the clients so they can stay at home independently for many years, so that they can live their best life. And so, can I.

I look forward to many more years with GIL.



BRANDI CELEBRATES 25 YEARS WITH GIL

I have made it to 25 years working for GIL, wow! I started at Guelph Services for Persons with Disabilities (GSPD), three weeks before my 20th birthday. My first rotation was 3.25 hrs a week, guaranteed, lol. I was super pumped to get this rotation at the time. I remember not knowing anything, to learning so much and all the awesome people I worked with who taught me so much. The one thing that has remained the same is one of the reasons I am still here. I love the idea of helping people of all abilities live their best life in their own space, their own way.

I started in the Outreach program, moved around to Willow then 87 Neeve back to Willow, then Dublin St and now landed a permanent position at 85 Neeve. I have loved many aspects of this job like picnics, Christmas parties, leisure trips and talking with clients from all programs. I have enjoyed being on different committees, working nights, days, evenings, and meeting so many people and always being inspired by our wonderful clients.

I really appreciate working for an agency who are always trying to make a difference. GIL has been a part of my family if you will for 25 years. I have now been married for 21 of those years and have 3 children of my own. I have a son with a physical

disability, and he is a wheelchair user and because I have worked here for many years I have hope for his future. GIL also gives him hope that there is a place for people like him who are active in the community, who work, who are social, who are parents, who are living the best they can despite their disability and can receive ongoing support and help. GIL is a place that gives everyone hope.

Working here has opened my mind so many times, to see the many possibilities for people with disabilities. Being an attendant service worker is really rewarding and our clients can be inspiring. I couldn't ask for better people to work with, my co-workers are always giving 100%. All workers should just be proud, you all are such hard workers! I could go on and on about funny stories, remembering all staff and clients I've worked with over the years but that would take days.

I just want to say thanks GIL for 25 great years!!!



FAREWELL TO PAULINA

Paulina was with GIL for 5 years and we are going to miss her greatly. GIL staff and clients are thankful for her support throughout her time with us and we are confident she will be a great asset to the organization she has moved on to.

Her thoughtfulness and good humour will be missed. Best of luck to you and we wish you all the success in your new role.



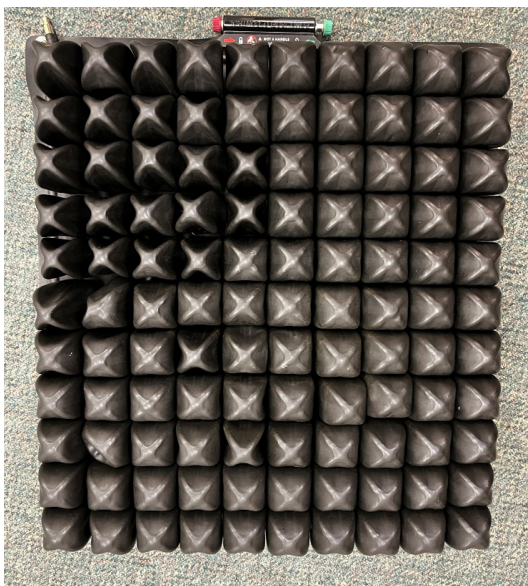
ATTENDANT SERVICES DAY CELEBRATED OCTOBER 25

**“Never believe that a few caring people can’t change the world.
For, indeed, that’s all who ever have.”**

– Margaret Mead

Thank you to all our Attendant Service Workers at Guelph Independent Living. Each and everyone of you have a made a difference in so many people’s lives. You are so valued and much appreciated!

GIL’s Management team delivered scarves and healthy snacks to all our front-line workers on October 25 to personally thank them for the care and compassion provided, in client homes and in the community.



Need a single compartment wheelchair seat cushion? It is in like new condition and it measures 19”x 20.25”x 4.25”. This was generously donated by a front line worker. If interested, contact Rowena at 519-836-1812 ext 220.

UNITED WAY CAMPAIGN

GIL's United Way Fundraising campaign for 2022 kicked off at the end of October with several fun fundraising initiatives.

Events include our annual Employee Raffle with store gift cards as prizes. Further, we have two 50/50 draws in the month of November. And after two years of not being able to have our annual bake sale we were very happy to kick off the campaign with this fundraiser everyone always enjoys!

This year we have added a November Wellness calendar which includes activities to bring more joy and happiness to employees who wish to participate. Some of the activities include taking a relaxing bath, eat your favourite desert or dance to your favourite music. One lucky participant will win a gift card prize.

To date, GIL has raised just over \$650 for the Guelph-Wellington-Dufferin United Way campaign this year!

And once again we are running a food drive to benefit the Chalmers Community Services Centre on behalf of the United Way. Boxes of donated food items are being collected from all staff offices to be delivered to Chalmers at the end of November. These items will help those experiencing food insecurity within our community.

Together we can make a change and improve the lives of those in our community.



BAKE SALE FOR UNITED WAY

Way to go everyone, we raised \$594 all together!

Special thank you to everyone who baked and contributed both their time and efforts to this cause. Especially... Brandi, Wanda, Maria, and Pam.



POEM BY GIL CLIENT JUDY N

Standing, walking, slowing down,
It's so hard now to get around.
Pain in my lower back, knees, and feet.
It hurts to walk even three steps from my
own seat.
Talking to my friend about my struggle
All my cats sense I need a snuggle.
That good friend expressed
Maybe a nursing home
would be a good place to invest.
I had no reply,
As my heart began to cry.

I think of all
The things I'd loose
All my treasures would be reduced.
How do you choose?
How do you Choose?

Don't even mention my cats,
I can't even imagine that!

Without my cats
My life would be so flat.
They are such funny acrobats!
They keep me active
Because they are so interactive!

My pets are my family
Without them
It would cause me some insanity!

I want to age gracefully in my home
Where my cats are free to roam.

What system is this?
Where there's
Not enough Services?

Why can't I stay in my own home?

Is it because I am unable to do it on my own?

Living in a home with no one I know,
I don't want to show you
What's down below?

Would you pull your pants down for someone
you don't know?

Caregivers will bathe me, clothe me, dress
me and feed me
I am completely naked

They tell me
Not to be silly

My body isn't anything new
From their view.

What do you say?
To a worker who does say things
Like this in your day?

This is my only body
It is never just a copy.

What if Staff and I disagree?
Will they even listen to me?

Sometimes they do and
Sometimes they don't.
I can help stand up for those
That won't

You can too
Stand up for you
I believe in you
It's true!

Being in Assisted Living
This is my perfect setting.
I have hit the jackpot
I have a secure spot.

Thinking of
Nursing home care
I am so unprepared

I am too young
This seems so unfair
Far too much for me to bear
Right now, it's too early
And I know
We all can advocate
For this system
That can be somewhat inadequate

I want to be able to live in my home
Where Caregivers are available
At the other end of the phone.

Until then ...
I know however
Not every nursing home
Is a bad endeavor.

It's all on your perspective
So I become very reflective.

I heard about good Nursing homes
Where folks are better

Then being totally alone...

Having hope and positivity
I have some objectivity

Not everything is bad or good
In all Likelihood

A nursing home would be my last move
Under that roof
Until then
I want to make a change.
Together, we can exchange
Ideas that will rearrange
This System
That is so strange.

Were people with developmental Disabilities
Are moving so young
Into these facilities.

We aren't alone
This is what I have always known!
Social Justice
will be ours to own!

DUBLIN'S CREATIVE CORNER



BUILDING MORE ACCESSIBLE COMMUNITIES

The Ontario government is investing up to \$1.5 million in the 2022-23 EnAbling Change Program. The EnAbling Change Program started in 1999, last year the program supported 14 projects across Ontario. The program provides grants to not-for-profits and organizations across a range of sectors for projects that show the value and benefits of accessibility through the development of tools and educational resources that will make Ontario accessible to people of all abilities.

Some examples of previously funded projects include:

up to \$112,610 to Canada's National Ballet School to deliver integrated dance programs for children of all abilities across the province so they can experience and enjoy dance.

up to \$129,123 to Electricity Human Resources Canada to build a more inclusive workforce by creating a set of made-in-Ontario reference tools,

learning materials and short videos to extend its online resources and support employers in expanding the accessibility of jobs in the electricity sector to people with disabilities.

up to \$108,600 to Trucking Human Resources Canada to provide small and medium sized trucking companies with information about how to create viable employment options for people with disabilities.

This year the EnAbling Change Program focus will be on projects that:

- drive a culture of respect and dignity for people with disabilities,
- support awareness of requirements and regulatory compliance under the Accessibility for Ontarians with Disabilities Act (AODA), and
- create equitable opportunities in the jobs market.

For more information: <https://news.ontario.ca/>

**“The greatness of a community
is most accurately measured by the
compassionate actions of its members.”
~Coretta Scott King**

SNOW REMOVAL ON CITY SIDEWALKS AND STREETS



If there is a significant weather event, it may take the city longer than usual to clear roads, bike lanes and sidewalks.

- High priority sidewalks – serviced first after four cm of snow accumulates.
- Residential sidewalks– serviced after eight cm of snow accumulates.

Please wait until the city has declared the significant weather event to be over before submitting a request for service.

Sidewalks are prioritized based on pedestrian traffic volume and proximity to high use facilities, such as schools, hospitals, and public buildings.

To report a winter control accessibility concern, please call City of Guelph Operations at 519-837-5628.

NEW SUPER FRUIT HASKAP BERRIES

Did you know Haskap berries are one of the latest fruits being grown in southern Ontario and Wellington County? Also known as the blue honeysuckle or the honeyberry, it is described as tasting like a cross between a blueberry and raspberry. It is an incredible fruit high in antioxidants, a new superfruit.

It grows two weeks before strawberry season and can be found locally at Strom’s Farm and Bakery, west of Guelph and Marcy’s Berries in Puslinch.

Nora and Keith Marcy bought haskap berry bushes 10 years ago as a retirement project. They grow an acre with five varieties of haskap berries and offer them through pick-your-own in June.

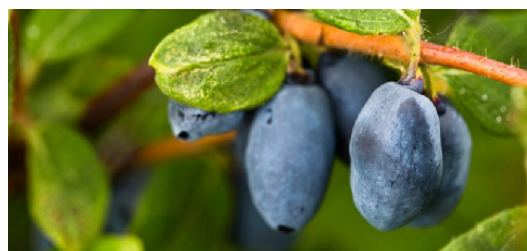
Strom’s bought haskap bushes in 2014 when they were looking to add a fruit crop to their farm. They offer five different varieties of haskap berries, which they use to make a haskap tart, vinaigrette and spreads.

The berries are easy to maintain but some growers

can struggle to grow haskap in the first two years as they can be simply out competed by the grass in our lawns or experience challenges with birds or insects who eat the fruit.

Growers agree more education is needed for consumers to recognize the berry and its potential health benefits. Burley, president of the Ontario for Haskap Canada Association (HBGAO) is partnering with the University of Guelph and other schools across Canada to study haskap berries. Dalhousie University has been studying the health benefits of haskap berries as early as 2015.

Source: <https://www.guelphtoday.com/cultivate/super-fruit-haskap-berries-popping-up-in-wellington-county-6043538>



ADULT BOOK BUNDLES

Save yourself some time and have library staff select your next bundle of books! Staff will select books and place them on hold for you to pick up at the Guelph Public Library (GPL) location of your choice.

Each themed bundle has 5 titles, and you can order 2 book bundles at a time.

Have a question about Book Bundles? Please phone your nearest Guelph Public Library location.

Bookmobile

380 Eramosa Road
519-829-4401

Bullfrog Mall Branch

380 Eramosa Road
519-829-4401

East Side Branch

1 Starwood Drive
519-829-4405

Main Library

100 Norfolk Street
519-824-6220

Scottsdale Branch

650 Scottsdale Drive
519-829-4402

West End Branch

21 Imperial Road South
519-829-4403

Westminster Square Branch

100-31 Farley Drive
519-829-4404

Due to demand, not all choices may be available but they will do their very best.

Happy Reading!

Preferred Book Format include:

- Hardcover
- Paperback
- Large Print
- Book on CD
- Playaway

Book Bundle Genre include:

Surprise Me! (Let us surprise you with 5 picks from any category)

- Beach Reads
- Contemporary Fiction
- Suspenseful Thrillers
- Fantasy
- Historical Fiction
- Mysteries
- Diverse Voices
- Romance
- Science Fiction
- Teen Fiction
- Westerns



BEWARE OF GRANDPARENT SCAM

Wellington County Ontario Provincial Police (OPP) responded to a reported fraud at a Belwood residence. It was reported that a 79-year-old was defrauded of \$9,000 in the “grandparent scam.”

Shortly thereafter, OPP responded to a fraud at another residence in Belwood. It was reported that an 81-year-old was defrauded of \$9,000 in the “grandparent scam.”

The investigations are still ongoing.

Police across Canada and the Canadian Anti-Fraud Centre say these scams, also known as emergency scams, typically involve a fraudster impersonating as a grandchild, niece or nephew of the victim over the phone, claiming they urgently need money after an arrest or an accident.

Police across Canada say the scammer will often sound distressed and will start to cry. The scammer may then change their voice or hand the phone over to another scammer to impersonate a police officer, a bail officer or a lawyer as part of the operation.

Payment is typically demanded in cash, although scammers may sometimes ask for a wire transfer or a direct deposit payment. If the victim agrees to pay, the scammer will usually arrange someone to come

to the victim’s home to collect the money, but they may also ask for the cash to be sent by mail.

HOW TO PROTECT YOURSELF AND LOVED ONES

If you receive a suspicious sounding phone call from someone claiming to be a family member, you should hang up and contact that family member directly with the number you have for them.

The same advice goes for if the caller claims to be a law enforcement agent, you should hang up and call your local police service to verify the legitimacy of the call.

Listen to that gut instinct, that voice in your head that tells you it doesn’t sound right, normally that instinct is right.

Even if the number displayed on the caller ID looks accurate, Officers warn scammers can use caller ID spoofing to make it look like the call is coming from a legitimate police phone number.

It’s always better to make the verification call yourself.

Source: Guelph Today and [CTV News https://www.ctvnews.ca/canada/grandparent-scams-on-the-rise-with-more-than-2-7-million-lost-across-canada-this-year-1.6007758](https://www.ctvnews.ca/canada/grandparent-scams-on-the-rise-with-more-than-2-7-million-lost-across-canada-this-year-1.6007758)

DOOR DECORATING AT GRANGE





Feeling festive? Support local December 3 at the 10th Annual Creative Spark Winter Market.

Location: 68 Suffolk St. W, Guelph - Dublin St. Church

Tickets: monetary donation and/or a non-perishable item for the Guelph Food Bank.

Enjoy live music and handmade quality goods from pottery to jewellery. There is something for everyone!

GIFT OF LIGHTS Nov 12 - Dec 31

Bingemans Gift of Lights is a family-friendly drive-thru holiday light display with two tunnels and over 300 animated and static light displays! Enjoy this holiday spectacle from inside the comfort of your own vehicle and tune into Gift of Lights Radio at 103.3FM.

Dates: Nov 25-26, 28-30, Dec 1

Cost: Single Vehicle \$24.95

Dates: Dec 2-3, 4-11, 13-27, 29-31

Cost: Single Vehicle \$36.95

To purchase tickets and for more information visit their website at:

<https://bingemans.com/gift-of-lights/>

