



INSIGHT

Executive Director's Comments

With the Holiday Season almost here, I would like to take this opportunity to wish everyone at Community Living-Central Huron, a very Merry Christmas and an enjoyable holiday season. Let's hope the weather cooperates with our plans.

As always, we look forward to sharing time with family and friends and attending special services and events. Our thoughts are also with those who have suffered a loss; their Christmas season will not be the same this year.

This past year has been very busy and brought forth many challenges. I am grateful for the willingness and ability of Staff and volunteers to meet these challenges while ensuring people supported continued to receive quality care and service. Thank you also to families and caregivers for your interest and support throughout the year. Your involvement and input is valuable.

I am confident that the Agency will continue its advancement of the Community Living movement in the new year and achieving greater outcomes for people supported. Working and planning together is the best way to get things done and I am proud of our many accomplishments over the year.

To borrow a phrase from our Board of Director's Annual Holiday Campaign, "Caring and sharing is what Community Living-Central Huron is all about."

Best wishes for a healthy, happy and safe New Year.

Rosemary



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Videoconferencing Has Arrived!

Community Living-Central Huron is excited to announce it has videoconferencing capability. Through this Ministry Project, the Ontario Telemedicine Network is working with Community Networks of Specialized Care in over 70 communities across the province to extend service delivery through videoconferencing. CL-CH hosted its first conference on December 4th; approximately 43 other Agencies participated via teleconference. This technology will be of assistance to Staff as well as people receiving support, decreasing or eliminating the need to travel to meet with Doctors, Specialists, etc.

Staff Training Opportunities:

To ensure the health, safety and well-being of all staff, volunteers and individuals receiving support, all employees are required to familiarize themselves with up-to-date information on individuals receiving support, specific techniques, and changes to routines/schedules, etc. In keeping with this, the Agency offers a multitude of training opportunities to Staff. Following is a summary of the many events that have occurred during the past year:

"In-House" Training Events:

The following training is generally offered on an annual basis to Staff:

- CPI (non-violent crisis intervention) Staff participate in full training then refresher courses on an annual basis
- First Aid and CPR (renewed every 3 years)
- Medication
- WHMIS
- Safe Winter Driving
- Portable Generator
- Individualized and specialized training for people with specific conditions

Staff Training (continued):

CL-CH is pleased to also offer various workshops in conjunction with Regional Support Associates (RSA). RSA Staff have clinical expertise and training in psychology, social work, nursing, speech & language pathology, psychiatry and developmental services. RSA also offers assessments and counselling services. Some of the workshops attended by Staff include:

- I Can't Take Care of You Until I Take Care of Me: Learning from Compassion Fatigue
- Risks & Responsibilities: Recognizing, Responding & Reporting Abuse
- Aiming Higher for People with Higher Needs
- Behavioural Intervention: A Positive Systems Introduction
- Schizophrenia
- ADD, Anxiety and OCD
- Sensory Experience, Response & Intervention
- Don't Choke! Making Sense of Feeding & Swallowing
- Boundary Setting, Stress Management and Ethical Behaviour
- Promoting Communication: A Speech-Language Pathologist Speaks Up on Every Day Encounters
- Positive Systems Approach

Specialized Training with Other Agencies:

- Snoezelen
- Alzheimer information sessions
- Living With Down Syndrome – A Community Affair (CPRI)
- U-First! (Ontario Community Support Association)
- Media Relations Training 101 – Never Say "No Comment" (Pillar)
- Hoarding (CMHA)
- Basic and Sector Specific Health & Safety Certification (Ontario Safety Association for Community & Healthcare)

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Staff Training (continued):

Upcoming Videoconference Sessions:

January 17th – Anxiety Disorders in People with Intellectual Disabilities

January 24th – Fragile X Syndrome

January 31st – Psychiatric Challenges: Dual Diagnosis

February 6th – Least Restraints - A Journey

Pre-registration is required for all videoconferences. If interested in attending, please contact Bonnie or Cris at the Central Admin. Office.

Thank You!

To Staff, People Supported, Board Members and Volunteers who assisted in various ways with the wreath making workshops held November 24th and December 1st. A very special thank you to ACTION Committee Chair, Mary Ann Doyle, for her continued dedication to this fundraising project. A great deal of time and effort was spent collecting greens, trimming and assembling the wreaths. **THANK YOU !**



~ Thank you to those who contributed to the annual Christmas Collection in support of Blessings Unlimited. Your donation has helped to brighten the holiday season for those less fortunate.

Congratulations:

To first time parents ...

~ Joel and Jen Arthur on the birth of their daughter, Riley Rachel Nicole, on December 13th.

~ Derek and Jessica Quinlan on the birth of their son, Kai, on November 20th.

and

~ Daniel Hoy and Nicole Cascagnette on the birth of their son, Marcel, on November 8th.



For Sale:

Apartment sized dishwasher \$50.00. For more Information or if interested, call Cheryl in the evening, (519) 440-9572.

Free To a Good Home:

An artificial Christmas tree (approximately 6 feet) complete with lights and ornaments. If interested, please contact the Central Admin. Office.



Comings & Goings

Welcome to:

Team A – Brigitte Bollinger and Doug Nemeth.

Team B – Gail Peddle.

Co-Op Students – Amanda Craig and Sarah Lindahl.

Best of luck to all!

Comings Events:

~ **Friday, February 8th, 2008**

20th Annual Heartwarming Luncheon,
Goderich Legion.

~ **Thursday, June 19th** (practice round)
and **Friday, June 20th** (tournament)

2nd Annual Goderich & District Golf Classic,
Sunset Golf Club.



Remember to mark your calendar!