



INSIGHT

Executive Director's Comments

Over the summer, Community Living-Central Huron was fortunate to utilize the talents of two skilled students, Josiah Allen and Sophie Jefferson.

Josiah assisted at the Activity Centre supporting individuals in various capacities, setting up Play Station 3 and putting his technical skills to use with the Soundbeam equipment.

Sophie worked as the Media Student. One of Sophie's tasks was to assist the Agency and various Programs to update their websites. We are now able to more readily update our site with training events, newsletters and health and safety information. I encourage you to view our new look at www.clch.ca

Also, I would suggest you check out Community Living Ontario's website as it now uses Twitter,

Facebook and Youtube for communication. There are a couple of terrific videos on Youtube. The front page also links all member Agencies, recent newsletters, conferences and training events. Visit www.communitylivingontario.ca.

Rosemary

"Examining the Purpose of Our Work"

On September 22nd and 23rd, Staff had the opportunity to hear Doug Cartan speak. Although Doug claimed not to have all the answers, he hoped to provide Staff with the tools to "sharpen their skates" or, in other words, enhance their support skills. Some of the ideas discussed included:

- active listening
- acquiring valued social roles for individuals supported
- building a positive reputation with individuals supported, ensuring respect and dignity
- use of limiting, negative and labelling language

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Doug had the group brainstorm societal values – what do people value in today’s society?

- wealth/possessions
- beauty/youth/appearance
- intelligence
- popularity (number of friends and family)
- literacy/education
- physical environment
- activities participated in (clubs, groups, etc.)

Many of the individuals we support struggle with all aspects of society that the general population tends to value. As a result, this group is heavily discriminated against. Following a recent poll, it was determined that 50% of Canadians are comfortable with people with disabilities. At first glance, this may seem optimistic; however, the down side is that 50% are not comfortable with people with disabilities. How can we turn these numbers to our favour? Doug’s answer is – “by rubbing shoulders” with the general population. Doug encouraged Staff to reach outside of their comfort zone. “To achieve goals you have never achieved before, you need to start doing things you have never done before.” – Steven Covey.

Helpful hints and strategies were provided for enhancing community presence, increasing community participation and involvement, growing and supporting personal relationships, developing skills/abilities, increasing choice and control for supported individuals (self-determination), understanding through identification with those supported. The use of common sense in the way supports are used was stressed. The following suggestions were made:

- observe the “golden rule”
- put yourself “in the shoes” of the person
- act in the same way that you would expect people to act with you if you were in a similar situation

Doug provided much food for thought. As such, it is our hope to continue building upon the ideas he presented through Staff meetings. Perhaps,

in the future, Doug will be back to “sharpen our skates” once again.

Susan Atfield & Lynn Chamney

Specialized Equipment:

Did you know the Agency has specialized equipment available for use? Perhaps someone you know would enjoy borrowing or using one of the following items:

The All-Terrain Wheelchair was developed specifically to enable people with disabilities and the elderly to rediscover the fun of outdoor living. It allows for transportation to outdoor areas, such as the beach, pool, playground, where conventional wheelchairs cannot typically navigate. The specially designed wheels absorb almost all surface shock for a smooth, comfortable ride in snow, sand, gravel and other rough terrain. It is easily transportable, weighing approximately 37 lbs and assembles/disassembles in minutes.

Have you visited our **Snoezelen Room**? The Snoezelen Room is a multi-sensory environment designed to stimulate the primary senses without the need for intellectual activity.

Enjoy the relaxing sounds of nature, or rock out to your own cd’s. The Room also features a projection wheel which casts images on the walls, a glittering disco ball, bubble tube, ball pit, fibre optic spray and a Catherine Wheel. The room is available to everyone during working hours, as well as evenings and weekends. There is a \$2.00 fee/visit to assist with cleaning costs.

Perhaps you know someone who would like to enjoy similar sensory items in their home environment. If so, then **Snoezelen To Go** is for you. This portable unit has a large assortment of items, including: a variety of relaxation cd’s; a mini disco light; glitter and bubble lamps; a large selection of various tactile items.

For more information or to make an appointment, please contact the Central Admin. Office.

The Agency recently purchased a **Soundbeam** which uses sensor technology to translate body movement into digitally generated sounds and images. If you'd like a demonstration of this unique equipment, please make arrangements with Activity Centre Staff.

Summer Fun:

In August, Mary, Debbie, Debra, Christie and Loretta spent a few days in Niagara Falls. The ladies enjoyed visiting tourist attractions such as: the Wax Museum, the Sky Wheel and of our course, the beautiful Falls.



Comings & Goings:

Welcome to the following:

Team A: Welcomed Joelene Scully back from her Maternity Leave.

Team B: Jackie Delaney & Greg Edwards

Team C: Heather Mighton and Maria McIntyre (residential) and Kim Bradley (Activity Centre volunteer)

Team D: Jhoanalyne Aumentado

Farewell:

Team C bid farewell to Jon Meyer. Best of luck with your new endeavour.

Congratulations:

Wedding bells will be ringing next Fall for Kristina Ward and Ben VanDiepenbeek.

Congratulations to the following newlyweds:

Jean Cook & Darrell Lavis
Shannon Doogan & Nathan Last



Thinking of You:

Our heartfelt sympathy is extended to Penny & Don Bricker and their family during their recent loss.

May treasured memories bring you comfort during this difficult time.

Comings Events:

The Last Light Photo Competition Show & Sale

This is the 4th year for the Last Light Photo Competition Show & Sale. You may recall, the Show originated when friends and members of the Huron Camera Club decided to host an event in memory of their friend Sarah Mann. From there, a partnership with the Agency was formed. Since that time, the Show has expanded and undergone some changes. We are excited to announce The Huron Tourism Association is a new sponsor.

Entries are being accepted until November 19th. Photos must be taken by the entrant and from somewhere within Huron County. One submission per person. Prizes include cash, camera gear and more. Winners will be announced and prizes awarded at a reception at the Goderich Library on Saturday, November 27th, from 2:00 pm – 4:00 pm. Photos will remain on display at the Goderich Library and available for purchase (silent auction bid), just in time for Christmas!

For more information and contest rules, visit www.ontarioswestcoast.ca

The Annual Holiday Dinner, hosted by the Knights of Columbus and St. Vincent de Paul, will be held **Sunday, November 21st** at the Columbus Centre, 5:00 pm. There is no cost. Individuals receiving support are welcome to attend with a maximum of 2 guests (including support Staff). If interested in attending you must rsvp to the Central Admin. office by Friday, November 12th, 2010. Space is limited so be sure to reserve a spot.



Annual Christmas Party - Friday November 26th, 7 pm at the White Carnation, Holmesville. Transportation is available. Please call the Central Admin. Office no later than Wednesday, November 17th to rsvp to the Party and advise if you require a ride. Rides will be pre-arranged. Please be advised extra trips will not be made.



