



The Heart of Hopewell

Issue No. 11 | February 2022



Living our mission of enriching the lives of individuals with a range of physical and developmental abilities to experience a full life everyday.

Mission

To enrich the lives of individuals with a range of physical and developmental abilities to experience a full life.

Vision

A community where all people can reach their full potential in supportive and caring environments.

Values

Transparency: Clear, focused, and open communication

Innovation: Ongoing learning and organizational transformation

Excellence: A never-ending quest for continuous improvement in all aspects of our work

Person Centred: Partnering with individuals and families in a caring manner

Accountability: Quality, professionalism, and responsibility in all our endeavors

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Welcome

Welcome to The Heart of Hopewell, a resource keeping Hopewell staff updated with what is happening in and around all our locations. We want to share our triumphs, successes, and important information with you in a fun and accessible way!



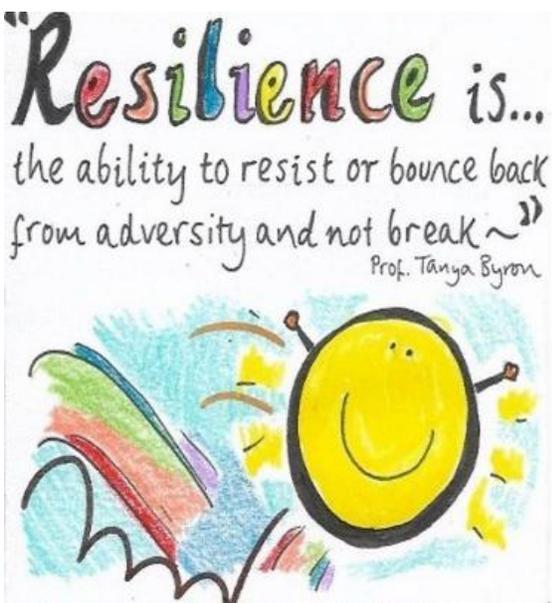
"What the new year brings to you will depend a great deal on what you bring to the new year." -Vern McLellan

The Heart of Hopewell will be published quarterly and is your newsletter, so if you have something you want to see or share, let us know! Connect with Louise for updates and submissions at lpoule@hopewellchildrenshomes.ca

A WORD FROM OUR EXECUTIVE DIRECTOR

By Maria Zegarac

It's been a few months since our last newsletter and it feels like, in this time, we have been to war and back. During this time, we all started to have a glimmer of hope that things were returning to 'normal'...we were able to visit our families again, enjoy a meal at our favourite restaurant again, attend a play, concert or sporting event again, get back to the gym again, schedule regular appointments at our favourite barber shop or hair salon again, laugh with our friends inside our homes again and the list goes on and on. Amid all this normalness, we started to feel a little lighter.... things were {finally} getting better, and then they weren't.



"When we learn to become resilient, we learn how to embrace the beautifully broad spectrum of the human experience." Jaeda Dewalt

In the midst of all of this, like many other organizations, Hopewell continued to struggle with recruitment. We started hearing about a new variant of concern, we prepared ourselves for what would be a challenging end to 2021 and then we experienced the effects of the Omicron variant that resulted in many of our staff (and residents) becoming ill and we had our first COVID outbreak.

As a team, we've found ourselves more tired, more stressed, and more uncertain of our role as many of us were doing what needed to get done and working tirelessly to ensure a continued level of support. And yet, despite the adversity, our teams kept going, kept showing up, despite really challenging times. You have all shown incredible resiliency throughout the uncertainties of this pandemic. I read that resiliency is learning to bend, not break, when times are tough and you all are bending in so many ways every day. For this, I am very grateful and thankful.

I hope you will humour me as I share a story with you about winterizing fig trees. Being from Italian background, we typically had fig trees in our garden which produced amazing fruit in the summertime. The only challenge was that the fig tree would not make it through our Canadian winters without some inventive ways of keeping it safe and protected from the elements. Over the years, I watched my grandfather and then my father trench and bury our fig trees each fall. After careful pruning, and wrapping, the fig tree was pushed and

Our Community - Making a Difference

bent down into a trench and buried for the winter. This process always amazed me as the fig tree was so flexible and resilient that it never broke or died, made it through the winter and always produced amazing fruit the following year. I see our Hopewell team in a similar way. We've had to find creative ways to get through an unprecedented time. Your tenacity and commitment to this organization and to the individuals supported here is inspiring. Your resilience allows you to come back and continue with the important work we do. We couldn't do what we do without you. Thank you all for your resilience and strength.

With appreciation,

maria



The Hopewell Holiday Food Dive was a great success, thanks to you!

All proceeds went to support the Georgetown Bread Basket

Holiday Giving

We would like to thank our generous community members for their continued support over the holiday season.



Thank you Sara Glatz for your generous donation. Sara's donation provided catered Christmas meals for all of our residents. What a treat!



A huge thanks goes out to the Ghost Riders Riding Club for volunteering, once again, by organizing a holiday gift drive for Hopewell's residents. GRRC members, Chris, Aidan and Tom presented their donations to Louise Poole, Executive Assistant for Hopewell.



Thank you Anupreet and Aman Anand for their generous donation of brand new bedding and other linens for Hopewell's residents. When asked why they reached out to Hopewell wanting to donate, Anupreet said that it was her children's idea to give back this year instead of receiving Christmas gifts.

Program Updates

Staff at Hopewell live our vision each day making Hopewell a community where all people can reach their full potential in supportive and caring environments.

At Hopewell we believe in celebrating all successes big or small. An example of this took place when a PlaySense participant, who enjoys makeup and nail polish application, had the opportunity to visit a salon. She chose a Halloween themed manicure and enjoyed a day of pampering.



Staff are always looking for new activities to encourage learning. Recently, PlaySense staff introduced word search puzzles to participants. One individual has really taken to them; he enjoys challenging himself and is now solving increasingly complex puzzles.



Physical activity is important and should be part of everyone's daily activities. Recently, PlaySense staff have implemented Yoga to their daily program. With regular participation there is already a visible improvement in pose capability as well as increased flexibility and mobility.



Snoezelen Room

We're thankful to @guelphCF for funding our Snoezelen Room equipment and to Hopewell team members Kathleen Bernier and Michelle Hayward for bringing the vision to life. This room, also known as a controlled multisensory environment (MSE), will provide sensory therapy for individuals living with autism and other developmental disabilities, dementia or a brain injury.

**#makingadifference #hopewellhomes
#hopewell #hopewellhomesstrong**



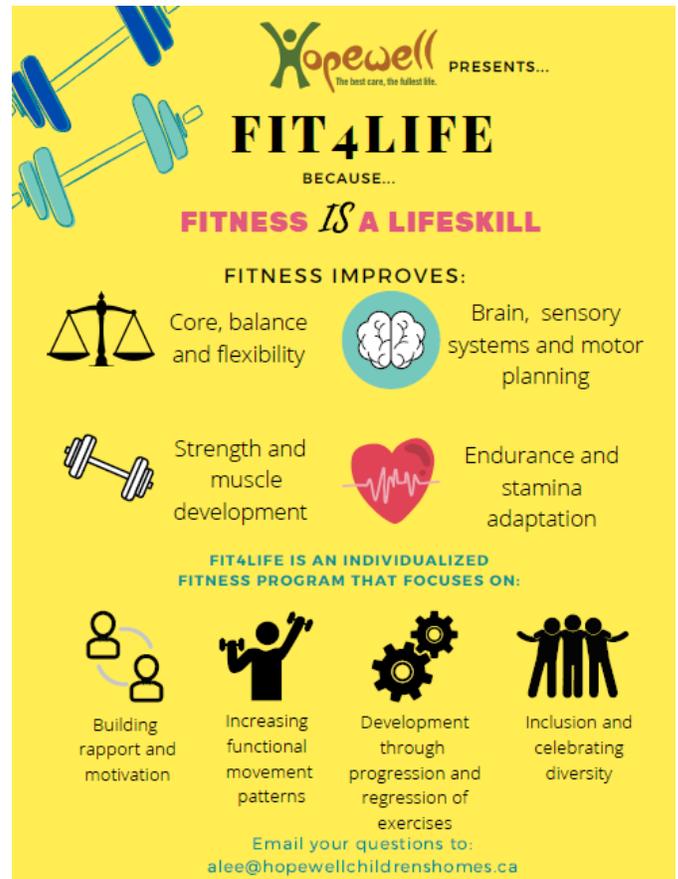
Program Updates

Angela Lee is Hopewell's Senior Behaviour Therapist who is a Board Certified Behaviour Analyst and has completed her Autism Fitness Certification. She is currently in the process of completing her ACSM-CPT (Certified Personal Trainer) certification so she can provide the best, most comprehensive fitness programming that is evidence based and unique to each individual.

Angela has introduced the Fit4Life program to Hopewell in late 2021. Fitness is a life skill. Everybody needs physical activity for good health. There are numerous studies that say people with developmental disabilities are at risk for an inactive lifestyle and obesity and often engage in less physical activity compared to those without disabilities. While the reasons for that can be debated, it's clear that people with disabilities often face unique challenges to participating and/or accessing appropriate physical fitness activities. Some of these challenges include but are not limited to their actual physical ability (limited mobility, range of motion, low muscle tone etc.), cognitive ability (communication, expressive and receptive language skills etc.), motivation, challenging behaviour (behaviour(s) that would put themselves or others at risk), and/or access to trained and qualified trainers that understand and can adapt programming to meet the unique needs of this population.

Benefits of physical activity and exercise for people with disabilities go beyond maintaining weight, improving mental and physical health, lowering the risk of chronic illness etc. For people with disabilities, increased physical activity and exercise can really help improve their stability and motor planning, strength and muscle development and improve their endurance and stamina. The Fit4Life program was created with exactly that in mind.

Each program is individualized and tailored to focus on general movement skills and foundations of gross motor enhancement that are beneficial, powerful, and socially significant. Utilizing the assessment and programming philosophy from Autism Fitness®, exercises selected target working on the foundational skills that are required to



The poster is yellow with a blue and green logo for Hopewell at the top left. The text reads: 'Hopewell PRESENTS... FIT4LIFE BECAUSE... FITNESS IS A LIFESKILL'. Below this, it says 'FITNESS IMPROVES:' followed by four icons and their corresponding benefits: a scale for 'Core, balance and flexibility', a brain for 'Brain, sensory systems and motor planning', a dumbbell for 'Strength and muscle development', and a heart with a pulse line for 'Endurance and stamina adaptation'. At the bottom, it says 'FIT4LIFE IS AN INDIVIDUALIZED FITNESS PROGRAM THAT FOCUSES ON:' followed by four icons and their corresponding focuses: two people for 'Building rapport and motivation', a person with arms raised for 'Increasing functional movement patterns', gears for 'Development through progression and regression of exercises', and three people for 'Inclusion and celebrating diversity'. The email address 'alee@hopewellchildrenshomes.ca' is at the bottom.

engage in more complex activities and activities of daily living thus increasing/maintaining their independence.

Beyond benefits of physical exercise at the individual level, participation in programs like Fit4Life, challenges the prejudicial beliefs about the abilities of people with developmental disabilities especially those that require additional supports (due to physical and/or cognitive deficits, challenging behaviour etc.), thus promoting social change towards greater inclusion.

Meet the Respite Leadership Team

In each issue we will highlight the staff at one program. This month features Hopewell's Respite team.



Name: Michelle Hayward

Job Title: Residential Manager

Cell: 519-829 5936 Office: 519-836-9641 ext. 240

Email: mhayward@hopewellchildrenshomes.ca

Fun Fact About Me:

I started dated my husband when I was 14. We were engaged for 13 years and eventually ended up getting married in our living room on Halloween.

After saying our vows, I went trick-or-treating in my wedding dress.



Name: Jackie Sproul

Job Title: PlaySense Coordinator

Cell: 519-277-3334

Email: jsproul@hopewellchildrenshomes.ca

Fun Fact About Me: I grew up playing a sport called "broomball", same rules as hockey except it's played with a ball, a broom and players run on the ice with shoes instead of skates. I have played at every level all the way to the World Championship.



Name: Avery Moxey

Job Title: Behavioural Support Worker

Fun Fact: I grew up in the Bahamas on the Island San Salvador, the first Island that Christopher Columbus discovered.



Name: Ireti Adu

Job title: Overnight Awake

Fun Fact: We didn't have an amusement park where I grew up and I always dreamed of going on a roller coaster. When we visited the United States we went to an amusement park. After seeing the roller coasters in real life, I was terrified so I went on the smallest roller coaster I could find. It was horrifying! Never Again!



Name: Elizabeth Coulas

Job Title: Behavioural Support Worker

Fun Fact: I met Nelly Furtato on a safari in Kenya.



Name: Karina Halcro

Job Title: Overnight Awake

Fun Fact: I'm a cat lover and enjoy reading horror stories in my free time. **Picture was taking from Gowdy in the early morning.



Name: Samantha Todd

Job title: Behavioural Support Worker

Fun Fact: I played rep Hockey my whole life.

Culture and Connection



Hello from the Culture and Connection Committee!

The Committee recently sat down to discuss how we would like to move forward, what we want to achieve, and where we need to improve. Our focus is fostering more diversity and that starts with the committee itself! What is the point of a Culture and Connection Committee if it lacks culture within it?

We are also hoping staff will share their cultural experiences and celebrations with us each month. Tell us about how you celebrate a holiday, foods you love, what special times of the year mean to you, and any other knowledge or experiences you want to pass along.

The Committee would like to develop partnerships within our communities; we welcome your suggestions and recommendations.

Upcoming

In February, the Committee will work to increase recognition of
Black History Month
Lunar New Year: Tuesday, February 1st
Setsubun: February 3rd
Pink Shirt Day Wednesday, February 23rd

SETSUBUN

The Japanese ritual associated with the observance of Setsubun is Mameki (bean scattering). This ritual sees roasted soybeans known as fukumame either thrown out of the front door, or at a member of the family wearing an oni (demon or ogre) mask while shouting "Devils out! Fortune in!"

The beans are thought to symbolically purify the home by driving away the evil spirits that bring misfortune and bad health with them. Then, as part of bringing luck in, it is customary to eat roasted soybeans, one for each year of one's life plus one more for bringing good luck for the year



The next Culture and Connection meeting is scheduled for Friday, February 4th at 2 PM.

Reach out to Louise at lpoole@hopewellchildrenshomes.ca if you would like to take part.

Come hear what our plans are, engage with us and let us know what improvements you'd like to see and what ideas you have.

This committee cannot and will not be effective without all of you.

We hope that after this meeting you'll be as excited to join the Committee as we would be to have you!

Welcome New Staff

Welcome

- Kerri Benallick
- Arshia Banerjee
- Gabrielle French
- Holly Lorentz
- Kristen Ho
- Virginia Simmons
- Steven Plaum
- Cassandra Ann Rabstein
- Steve Sicurella
- Emily Comeau
- Mitaliben Patel
- Amanda Drummie



Meet Steve Sicurella
Director of Finance

Q: What is something fun you have been doing to get you through the last few months?

A: Woodworking.

Q: What are you binge watching right now?

A: I just finished Ozark and Succession.

Q: If you could compete in any Olympic sport, which would it be?

A: The Decathlon. Winners of the Decathlon are known as the World's Greatest Athletes.

Q: Where were you born?

A: Hamilton, Ontario: Home of the first Tim Horton's franchise.



Meet, Holly Lorentz
Fund Development Coordinator

Q: What have you been doing to get you through the last few months?

A: Painting! I painted a mural on one of the walls in my house.

Q: What is your favourite place to visit/travel?

A: Southeast Asia

Q: If you could have dinner with any famous person, whom would it be?

A: David Gilmour

Q: Where were you born? What is an interesting fact about your hometown?

A: Kitchener. It was the first city to launch the "Blue Box" recycling program.

Meet Steven Plaum
Human Resource Assistant

Q: Camping yes or no?

A: I like camping particularly at campsites with amenities such as flush toilets and running water.

I enjoy seeing different parts of Canada and have camped in each of the 10 provinces - most often using a tent. I have, however, also had the chance to enjoy the "luxury" of camping in a VW Westfalia on a number of occasions in my younger years. Each Province has its beautiful and scenic areas! My favourite camping holiday destination is the Rocky Mountains.

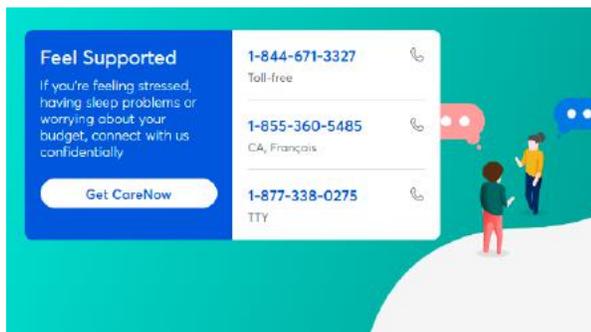
Employee Perks



As restrictions relax, you may find yourself facing unexpected changes. Your daily life may not exactly resemble what it was prior to lockdowns and physical distancing. It is okay to experience anxieties about the virus or beginning to socialize again.

Luckily LifeWorks has a library of articles to help as we navigate our new "normal."

Hopewell staff have been provided unlimited access to LifeWorks, a Total Wellbeing Solution designed to help you improve your mental and physical health. If you have not received access to your account please reach out to L. Poole at lpool@hopewellchildrenshomes.ca for access.



What LifeWorks offers:

- 24/7 counselling and online wellbeing resources.
- Wellness tools and personalized recommendations, such as assessments, digital clinical programs, and challenges to help you reach your health and fitness goals and keep you on track.
- A social newsfeed to boost your organization's culture and celebrate one another's great work!
- Perks to help you save money on daily essentials and key life events.
- 24/7 access to trusted, expert-led online audio, video, and article content on a variety of vital topics. Simply click the "Life" tab to visit the Support & Resources page if you're on a desktop, or the "Life" icon at the bottom of the screen in the mobile app.

Supporting Hopewell



We know our team contributes to Hopewell and to our residents' support each and every day. We also know that there is so much more we want to do to in order for our residents to experience a full life. Ministry funding is not enough, unfortunately, so bringing in additional funds through grants or donations is an important part of allowing us to do more as an organization and to make a difference. All contributions are appreciated and impactful. For Hopewell staff members who want to donate, we now have the ability to make donations directly through payroll deduction. It's fast and easy to set up and can be at your personal giving level. Any donations you make are tax deductible to you. For more information, please contact Lesley Zeidler at lzeidler@hopewellchildrenshomes.ca.

We are Hiring



Our staffing team is the key to the wonderful care provided at Hopewell. We endeavor to provide a workplace that is caring, responsive, encouraging, supportive, and open. Our culture is one of respect, appreciation and diversity.

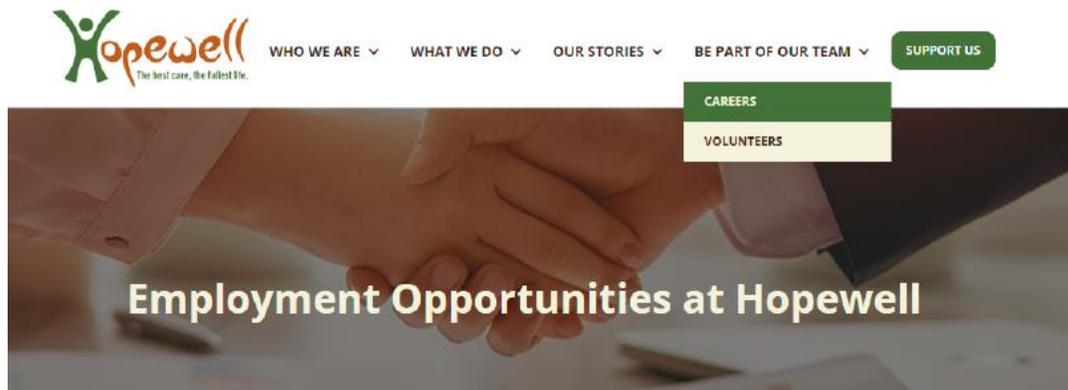
Our current availabilities are:

Nurses

Behaviour Support Worker

Overnight Awake Direct Support Workers

Clinical Nurse Manager



For more information contact our HR Administrator lzeidler@hopewellchildrenshomes.ca or visit our website at www.hopewellchildrenshomes.com

Mental Health Awareness

What is mental health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act as we cope with life. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood and aging.

Why is mental health important?

Mental health is important because it can help you to:

- Cope with the stresses of life
- Be physically healthy
- Have good relationships
- Make meaningful contributions to your community
- Work productively
- Realize your full potential

Your mental health is also important because it can affect your physical health. For example, mental disorders can raise your risk for physical health problems such as stroke, type 2 diabetes, and heart disease.

What can affect my mental health?

There are many different factors that can affect your mental health, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems
- Your lifestyle, such as diet, physical activity, and substance use
- You can also affect your mental health by taking steps to improve it, such as doing meditation, using relaxation techniques, and practicing gratitude.



Compass Community Services

is providing free, same day, mental health support to Front Line Workers. If you need assistance call 519-824-2431 Ext 12.

Same day appointments are available on Monday's, Wednesday's and Thursday's. Counselors are well versed in supporting front line workers during COVID.

What are the signs to look for?

When it comes to your emotions, it can be hard to know what is normal and what is not. There are warning signs that you may have a mental health problem, including:

- A change in your eating or sleeping habits
- Withdrawing from the people and activities you enjoy
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, angry, upset, worried, or scared
- Having severe mood swings that cause problems in your relationships
- Having thoughts and memories that you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Not being able to perform daily tasks like taking care of your kids or getting to work or school

TAKING CARE OF YOUR MENTAL HEALTH & WELL-BEING



TORONTO.CA/COVID19

TORONTO Public Health

What should I do if I think I have a mental health problem?

If you think that you may have a mental health problem, get help. If you don't know where to start, contact your primary care provider.

October

Standing Ovations

December

Tony Smith
Angela Tarrant Kennedy
Avery Moxey
Cayden Genik
Chelsea Piper
Elizabeth Coulas
Emily Shoemaker
Kaila Culham
Luke Burjowski
Michelle Hayward
Sarah Bruno
Shamim
Heather Hughes
Shelley Stumpf
Alicia Russell
Laken Air
Mirna Rivera
Jessica Johnson
Chassidy Hobson
Grace Eldred
Jackie Sproul
Kathleen Bernier
Amanda Harton
Ashanthi Joshua
Jenn Leies
Kelsea Williams
Lauren Thompson
Megan Wayne
Noelle Niklaus
Shaun McEwin
Arielle Buium
Danielle Russell
Elena Voznyuk
Kelly Burns
Nicole Reid

October's winner was **Shelley Stumpf!**

November

Shelley Stumpf
Brittany Vautour
Bob Polovniak
Betty Hepditch
Avery Moxey
Barry Dekock
Elizabeth Davar
Diana Rubio
Cayden Genik
Brooke Adsett
Elizabeth Coulas
Danielle Russell
Chassidy Hobson
Jackie Sproul
Emily Shoemaker
Samantha Todd
Mirna Riviera
Michelle Hayward
Megan Wayne
Marilyn Shantz
Louise Poole
Kelsae Williams
Kelly Burns
Kandice Viveen
Shamim Kasozi
Sarah Wallace

Congratulations **Marilyn Shantz** on being November's winner!

Betty Hepditch
Cayden Genik
Chassidy Hobson
Colleen Kavanagh
Danielle Russell
Elizabeth Dewar
Emily Comeau
Emily Nguyen
Idara Agwu
Jessica Johnston
Kelly Burns
Luke Burjoski
Marilyn Shantz
Megan Wayne
Michelle Hayward
Muhammad Khalid
Nicole Reid
Peter Ogbe
Rory Lee Bos
Sam Haid
Sarah Bruno
Shamim Kasozi
Steve Henri

The Standing Ovation winner for December was **Peter Ogbe!**

Congratulations

Winter Safety Message

Winter Safety Tips

Prevent Falls



- Keep porches, walkways and driveways clear of snow and ice.
- Wear proper footwear.
- Use handrails.
- Avoid talking on the phone.
- Take small steps.
- Apply salt liberally to walkways, driveways etc.

Dress Warmly



Wear dry, loose-fitting layers that will hold your body heat and cover exposed skin like your face and hands.

Report Unsafe Conditions

Contact Louise at
lpoole@hopewellchildrenshomes.ca
to report hazards

Stay Winter Safe !

Equip your Vehicle

- Complete a thorough pre-trip vehicle inspection.
- Avoid driving until the roads are clear.
- Store a winter kit in your vehicle, include windshield washer fluid a snow brush, a first aid kit and emergency blankets.

Give Yourself an Out

Clear snow and ice from doorways and gates. Ensure emergency exits are clear of snow and ice.



The tallest known snowman was higher than a 12-story building.



Winter Driving Tips

Before you Drive...

- Leave extra time to get to your destination
- Put winter tires on your vehicle
- Ensure your vehicle's windows, mirrors, headlights, hood, rooftop, etc., are completely free of snow and ice
- Learn safe driving techniques for steering and stopping your vehicle in slippery conditions



Equip your Vehicle

- Complete a thorough pre-trip vehicle inspection.
- Avoid driving until the roads are clear.
- Store a winter kit in your vehicle, include windshield washer fluid, a snow brush, a first aid kit and an emergency blanket.

When you Arrive



- Exercise caution when getting in and out of vehicles
- Walk slowly and wear boots or other slip-resistant footwear
- Be prepared for black-ice formation after melting occurs
- Watch for slippery floors when entering buildings
- Avoid carrying excessive or heavy items

While Driving...

- Take your time
- Keep your distance from other vehicles and snow plows
- Drive according to road conditions
- Drive with your lights on
- Don't use cruise control
- If your vehicle skids try not to panic, do not brake, do not accelerate, look where you want to go

Stay Winter Safe !

For more information contact Louise at lpoole@hopewellchildrenshomes.ca to report hazards



A snowflake can take up to two hours to fall from a cloud to the ground.

