

# THE HEART OF Hopewell

## *Living our Mission*

By enriching the lives of individuals with a range of physical and developmental abilities to experience a full life every day.



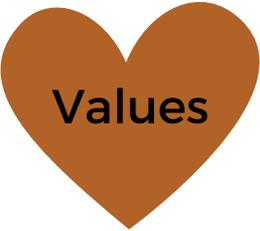
### Mission

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-Centered**

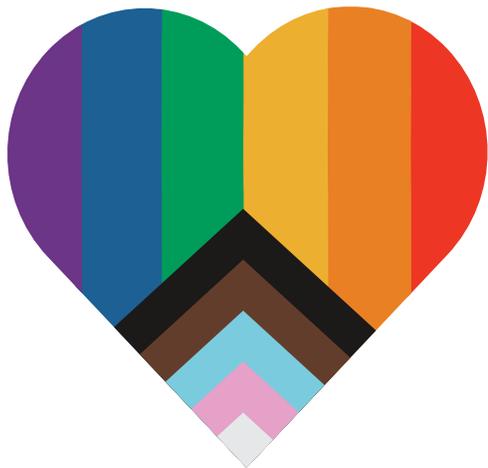
Partnering with individuals and families in a caring manner

#### **Accountability**

Quality, professionalism, and responsibility in all our endeavours

# In this Issue

|                                    |      |
|------------------------------------|------|
| In this Issue/Welcome              | 1    |
| A Word From Our Executive Director | 2    |
| Home Updates                       | 3-4  |
| Past Events                        | 5-7  |
| Upcoming Events                    | 8    |
| Meet the Respite Team              | 9-10 |
| Exploring SRV                      | 11   |
| Equity, Diversity, and Inclusion   | 12   |
| Standing Ovation                   | 13   |
| Perks Program                      | 14   |
| Let's Stay Connected               | 15   |



# Welcome

Welcome to the 2023 edition of the Heart of Hopewell, a quarterly newsletter keeping those involved with Hopewell updated on what is happening in and around all of our locations.



*Every year you make a resolution to change yourself. This year make a resolution to be yourself!*



**Have something you'd like to share in the next newsletter?**

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 Melissa for updates and submissions: [mbevcar@hopewellchildrenshomes.ca](mailto:mbevcar@hopewellchildrenshomes.ca)



# A Word from Our Executive Director

Maria Zegarac

## The Challenge of Being the Best

Hi Hopewell team ~

Is it too late to say Happy New Year? I hope this year brings many good things your way!

“Good” may be ok for some, but most of us want to achieve more than that. Personally, and professionally, we are always aiming to be better than ‘good’. Our inner passion and drive keep us reaching for the stars to excel in many areas of our lives. The New Year always brings a renewed energy with a fresh start, clear vision, and goals for the future.

In our work life, we want to be part of a team, whose members, even many years later, will marvel at what they accomplished and weathered, together! At Hopewell, I hope you will agree with me that we want to be the best – the best organization with the best people working for us providing the best support to people so they can live their best life.

### WHAT DOES EXCELLENCE AND BEING THE BEST LOOK LIKE?

Bob Whitman, Chairman, and Chief Executive Officer, at Franklin Covey, says that while absolute financial or operating performance is often the only “measure of greatness” people look at, research shows that great organizations always produce four key outcomes. These four outcomes produced by great performers are:

- **Sustained superior performance. They succeed financially, or operationally, in both the short and long term and not just on an absolute basis, but relative to their market potential or the hand they’re dealt.**

- **Intensely loyal customers. They earn not only the satisfaction of their customers, but their true loyalty. (Hopewell’s customers are the supported individuals and families we serve)**

- **Highly engaged and loyal employees. The people who work at great organizations are more than satisfied, they are energized and passionate about what they do.**

- **Distinctive contribution. They do more than “business as usual” they fulfill a unique mission that sets them apart from the crowd.**

These four outcomes are measurable, unmistakable, and attainable by any organization. How will you contribute to Hopewell’s greatness so that we can be the best?

I have a personal vision for 2023 that is directed by the following motto: Never aim for less, for you can achieve the best. This keeps me focused on excellence in all aspects of my life. The only impediment to this is my own mindset. As Henry Ford said, “Whether you think you can, or you can’t, either way you’re right.” So, always think that you can!

**With appreciation for your individual greatness and for all that you do,**

*Maria*

# Home Updates

## Hope Home

Since our last publication of the Heart of Hopewell, Hope Home individuals have experienced many uplifting and exciting events that we would love to share!



From celebrating many birthdays, to home visits from ‘furry friends’ at Hands on Exotics, to trips seeing holidays lights at Bingeman’s and Heritage Farms, Outdoor Northern Lights Toronto, Ripley’s Aquarium and Toronto Maple Leaf games.

They have experienced many exciting things during the past few months! The smiles and excitement are what we strive for as it highlights our mission and vision of living their lives to the fullest.



Hope Home has been thriving at exploring person-centered activities tailored to their enjoyment and abilities. From Spa Days to relax and unwind while getting their nails done and a massage, spending time in the new and improved Snoezelen Room on the lower level, to listening to stories or music while lounging in comfy chairs and couches and putting their baking skills to the test!

We have in-home “Friday Food” nights where we make homemade pizzas, tacos, poutines, hamburgers, and hotdogs! It is something they look forward to at the end of the week!



Over the holidays, Hope Home staff offered Facetime calls to families who could not make it in due to weather, a chance to share and speak with their loved one over the holidays and wish them a Merry Christmas!



# Home Updates

## Gowdy Home

In mid-December, we were able to move NW and JT into their new home at Gowdy Ave. With their direction, we took charge to make it a home that the gentlemen can be proud of, after we got all that boring stuff out of the way and we were able to focus on what's important. We are currently working on their gaming area in the basement that any true gamer would love to game out of.

After almost a year long wait due to product demand and low stock, NW has finally become the proud owner of his very own PS5. For any gamers out there, you will appreciate this as a huge accomplishment.



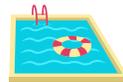
JT's dream of becoming a pet owner came true when Natalie, a skinny pig (hairless guinea pig), came to live at Gowdy on December 22nd.



## Wilton Home



The Wilton Women had quite a busy fall. Many of their regular programs have opened back up to in-person participation. They have taken advantage of the City of Guelph Inclusion programming including a Yoga class, a Fitness Class, Friday Friends, and regular swimming! They have also enjoyed many fun outings including the Robert Munsch Experience, Sparkles in the Park, Country Bright Lights, and other fun Christmas outings. Everyone has kept quite active so far this fall and winter, despite the dreary weather keeping us all indoors.



The big winter storm did not stop these awesome women from getting to see their families over the holidays. Many had extended overnight visits, or their families came over for a few hours to visit with them. The Wilton Women had their own Christmas Dinner party and enjoyed opening presents and their stockings!

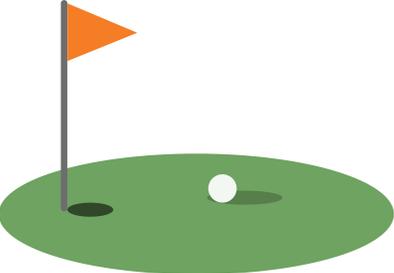


# Past Events

## WATERBURY OPEN GOLF TOURNAMENT

The Waterbury Open Golf tournament put on by Scott Fraser and Mike Cazzola took place in late August.

A cheque was presented to Hopewell on September 16th, 2022 at Hopewell's administration office



## REIDS GOLF TOURNAMENT

The Reid's Golf Tournament took place on September 19th, 2022. The tournament was a huge success surpassing last year's amount raised.

Reid's Heritage Properties and AJDL Development group presented a cheque for \$49,600 to Hopewell at the Grange Open House on November 1st, 2022



# Past Events

## GRANGE GRAND OPENING November 1st 2022



We are excited to officially have Grange as part of our portfolio. We did it! This new home will be equipped to support residents requiring more intense behavioural needs and is currently supporting three (3) of our current residents (with the potential to support three (3) more residents).

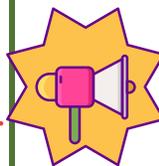
The celebration was attended by board members, staff, families, and community members.



## GIVING TUESDAY November 29th 2022

We had an amazingly successful campaign!

The funds raised from this day will enable us to expand on our health and wellness initiative for the supported individuals at Hopewell. We'll be subsidizing YMCA gym memberships and purchasing fitness equipment for their homes.



Thank you to our donors and matching sponsor who together, raised \$5500 on Giving Tuesday



# Past Events



## Winter Camps

Our Winter camp ran two sessions during the recent holiday season: December 28th -30th and January 3rd - 6th.

The camp offered indoor and outdoor activities for children at our Surrey St location.

The days were filled with indoor and outdoor fun activities.

| Respite Camps Week 1 |              |                                |                                     |   |  |
|----------------------|--------------|--------------------------------|-------------------------------------|---|--|
| Monday               | Tuesday      | Wednesday                      | Thursday                            | Friday  |  |
| Boxing Day           | Stat Holiday | Camp Greeting Games snack      | Baking: Unicorn Fudge Snack         | Scavenger Hunt: Dinosaur and New years themed |  |
| Boxing Day           | Stat Holiday | The Museum                     | Swim Fergus 1100-130 pm             | Masking tape Paint Dinosaur Excavation        |  |
| Boxing Day           | Stat Holiday | Lunch Downtime/ snoozelen      | Lunch Winter Fest Walk Central Park | Lunch downtime/ snoozelen                     |  |
| Boxing Day           | Stat Holiday | snack Slime Experiment Pick up | Painting in the snow Snack Pick up  | New Years Party Countdown Pick up             |  |



## 40th Anniversary Celebration



Hopewell's 40th anniversary was on Sunday, February 5, 2023. Home celebrations took place over the anniversary weekend with staff helping supported individuals decorate their homes and enjoy a celebratory cupcake designed in the shape of our logo.



# Upcoming Event



June 24th is the big day! We are actively seeking community sponsorships for the event. If you know anyone who may be interested, please reach out to Holly Bolliger.

We are also looking for volunteers to help out at the carnival - there are many fun ways to be part of the day, We will have fun games, a food truck, tug of war, sack races and music playing all day, Hopewell swag for purchase and a goody bag for the 1st 100 attendees. Mark your calendar!



If you're interested in donating to the event, please access the link below



Summer is a season that radiates warmth, optimism, and positive energy

## Children's Summer Camps

Hopewell will once again be offering summer camps during the month of July and August. Stay tuned for more information !!

Camp

Time: 9-4

Location: Ariss

Cost: \$500/week \$400 for the week of Aug 8-11. Closed Civic Holiday Should they require 1:1 support additional costs will apply

Bring lunch, snacks will be provided.

For more information please contact Heather Hughes

[hhughes@hopewellchildrenshomes.ca](mailto:hhughes@hopewellchildrenshomes.ca)



Why do Bees have sticky hair??

Because they use honey combs!





# Meet The Respite Team



**Job Title:**  
Respite and Residential Manager

**Fun Fact:**  
I tap danced competitively.

**Favourite Season:**  
Winter as I enjoy the cold, snow and I love Christmas.

*Michelle*



**Job Title:**  
Behavioural Support Worker

**Fun Fact:**  
I love baking treats with my toddler.

**Favourite Season:**  
Fall for the sweater weather.

*Caitlyn*



**Job Title:**  
Respite and Residential Manager

**Fun Fact:**  
I have been to Cuba 7 times since Dec. 2019, 6 being at the same resort which is now my home away from home.

**Favourite Season:**  
Summer for the heat, sunshine and bare feet.

*Heather*



**Job Title:**  
Behavioural Support Worker

**Fun Fact:**  
I'm a legally ordained minister.

**Favourite Season:**  
My favourite season is Spring.

*Abigail*



**Job Title:**  
Program Coordinator

**Fun Fact:**  
I love bright colours, which is why you'll often see me sporting a new hair colour(s) every few weeks.

**Favourite Season:**  
Winter because I love the snow, all the activities (snowboarding, building snow people, tobogganing), and the yummy drinks (hot apple cider, hot cocoa, peppermint mocha)!

*Jackie*



**Job Title:**  
Behavioural Support Worker

**Fun Fact:**  
I have never traveled outside of Ontario. I have traveled to other countries though.

**Favourite Season:**  
My favourite season is Fall.

*Megan*





# Meet the Respite Team



Sara

**Job Title:**  
Behavioural Support Worker

**Fun Fact:**  
I found out there is a city in Sweden that is named after my family name!

**Favourite Season:**  
My favourite season is Spring.



Jordan

**Job Title:**  
Behavioural Support Worker

**Fun Fact:**  
I love to snowboard.

**Favourite Season:**  
My favourite season is Winter.



Luke

**Job Title:**  
Behavioural Support Worker

**Fun Fact:**  
I like all Toronto Sports.

**Favourite Season:**  
My favourite season is Spring.

**As well as the rest of the team:**

Erin, Hanna,Carolynn, Danielle, Karli



# Exploring Social Role Valorization



## Roles Powerfully Impact Upon

- Status and reputation
- Self image
- Motivation
- Attire
- Acceptance and belonging
- Associations and relationships
- Autonomy and freedom
- Personal growth and development
- Opportunities for contribution
- Lifestyle
- Diet
- Material gain



## Reasons why social roles are so important

1. Roles give a person a 'place' in society; (one can hardly talk of people without using role terms)
2. Roles affect all aspects of a person's life
3. It is through valued roles that people experience valued participation in society
4. The more valued are the roles that a party holds, the more likely it is that "the good things in life" will be accorded to that party
5. The more 'big' valued roles a party holds, and the more valued these roles are, the more likely it is that people will tolerate, excuse and even interpret as positive, any maladaptive or negatively-valued behaviours & characteristics
6. Valued Social Roles can be protective of a party



# Equity, Diversity and Inclusion



## Equity

Equal access to opportunities.



## Diversity

Everyone is individual and different.



## Inclusion

Inclusion is a sense of belonging, feeling respected, valued for who you are, feeling a level of supportive energy and commitment from others so that you can do your best at work.



# Standing Ovations

## What is the standing ovation program?



A program to recognize the hard work and commitment that Hopewell staff are putting forward every day.

Staff can nominate fellow coworkers to show their appreciation. At the end of each month, all nominees will be recognized, and nominations shared with staff. In addition, each nomination is a chance to be the monthly prize winner.

## What can I nominate someone for?

Many reasons! You may want to recognize someone for their teamwork, creativity, flexibility, kindness, or assistance.

## Who can I nominate?

Any Hopewell staff member.

## How do I nominate a fellow coworker?

Staff - check your emails! You will find the QR code and link to the nomination form at the bottom of the monthly email containing the nominees and winner, as well on the posters located at every Hopewell location.

## Winner:

## What does someone win?

One nominee will be picked at random to receive a Hopewell swag item and a \$25 gift card.



## October / November

### Nominees:

Steve H, Hannah E, Amy B, Brianne C, Idara A, Kelsey, Sarah W, Kerry, Kathy G, Amy B, Martin P, Ashley M, Steve H, Brooklyn D

**Winner:** Kathy G !

## December / January

### Nominees:

Vanessa, Kelsey, Kerri, Lesley, Amanda, Taylor, Martina, Elizabeth, Laken, Luke, Jennifer, Anthony, Ireti, Betty, Sarah W, Melissa, Hallie, Lauren, Rachel, Arielle, Carmen, Cayden Diana, Sara, Jordan, Abigail, Erin, Megan, Caitlin, Karina, Hanna, Joeseeph, Ashanthi

**Winner:** Sarah W !

## February

### Nominees:

Hannah, Kerri, Betty, Jennifer, Hallie, Megan, Ashanthi, Diana, Anthony, Ben, Jessica, Jordan, Sara, Luke, Michelle, Steve, Muhammad, Martin, Emily, Arlene, Emily

**Winner:** Anthony O !



# JOIN NOW TO ACCESS YOUR PERKS!

- 1** Go to [perkopolis.com](http://perkopolis.com) and click Register in the top right corner.
- 2** Enter your corporate email. You will receive an email to complete your registration.
- 3** You are now a Perkopolis member!\* Enjoy your perks!

\*This program is exclusive to your company, not intended for the general public. Once a member, you can login from any device at any time.



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## A FEW OF OUR BRANDS



# Connect with us



hopewellchildrenshomes.com



@hopewellchildrenshomesinc



Hopewell Homes



@hopewellhomes



Hopewell Children's Homes

Stay up to date on all things Hopewell related by checking out our website and following us on our social media pages!

