

**WENDAT**

Community Programs

Providing Services for Seniors and Adult  
Mental Health Services in North Simcoe-Muskoka



**March 2018**

# WENDAT UPDATE

## Wendat has a New Look!

Wendat Community Programs is pleased to reveal our new logo and re-branding of our publications. Over the past several months, we were privileged to work with Jasmine Lourenco. Jasmine is a student of the Graphic Design Program at Georgian College. The students were assigned a project to work with a non-profit organization to provide design services. Jasmine reviewed all our newsletters, brochures and our website and made excellent suggestions for a refresh.

The new logo and tag line represent both our Adult Mental Health and Seniors Services.

Jasmine worked directly with Linda Belcourt, Executive Assistant with support and feedback from the management team. The Board of Directors approved the new look at the January 2018 Board meeting.

Over the next few months, watch for some changes as we will be updating our letterhead, brochures, business cards, newsletters and more.

Wendat extends a heartfelt thanks to Jasmine for her creative energy and a job well done!

### What's Inside:

- 2 Message from Andrea; Executive Director
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Case Managers Jessica, Winnie, Rhonda and April; Crisis Worker, Naomi; Program Manager Sherry, Program Supervisor Heather, Executive Assistant Linda and Executive Director Andrea enjoying Halloween.

## Message from Andrea Abbott-Kokosin, Executive Director

April 18<sup>th</sup>, 2018 will mark Wendat Community Programs' 30<sup>th</sup> Anniversary! We have kicked off our anniversary celebrations with a new brand for the organization.

Staff recently completed CPR training. Several staff completed Intensive Cultural Sensitivity Training and a series of webinars focused on Mental Health in the Workplace. Educational sessions were offered by a psychiatrist. Topics included understanding psychosis, psychotropic medications, metabolic syndrome, understanding addictions and more. The case management team received training on the rehabilitation service model. We thank Dr. Jacqueline Duncan and Christine McMulkin for the first-rate training.

On October 1, 2017 Wendat received increased funding for our Mobile Social Work Services allowing us to add a third Social Worker to our Psychogeriatric Team. In December 2017 Wendat received a base funding increase to our Congregate Dining, Adult Day Program and Assisted Living Program. This funding has ensured adequate staffing levels in those programs. A big thank you goes to the North Simcoe Muskoka Local Health Integration Network for these new funds.

March of Dimes Canada began offering Assisted Living Service and Homemaking for Seniors in Midland-Penetanguishene on December 1, 2017. They needed office space in the area. We are pleased to welcome them to the Seniors Residence as tenants.

For the first time in a long time, there are nine Case Managers on the Case Management Team. In addition, a full time Brief Service Worker position was added. The result is a much faster progression from intake to service provision for this service.

Bill 148, the Fair Workplace Act came into effect on January 1, 2018. Wendat implemented all the required changes to date resulting in both a financial impact for the organization and a need to update many of our HR policies.

A staff satisfaction survey was completed early in 2018. There was a 100% response rate and the results were overwhelmingly positive indicating a high level of staff satisfaction. Staff provided some excellent suggestions for future training and professional development to help them continue to do excellent work.

We look forward to celebrating 30 years of service at our AGM in the fall.



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## Staff News

### Welcome:

**Kim Rear, Case Manager** joined the Case Management Team on a full time contract basis on October 24, 2017.

**Denise McNamara, Community Care Worker** joined the team in the Seniors programs on October 19, 2017.

**Nicole Belcourt, Community Care Worker** joined the team in the Seniors' programs on October 31, 2017.

**Mark Moffatt, Recreation Worker** completed a short contract as Recreation Assistant made possible by the YMCA Employment Program from November 2, 2017 until January 2018. Upon completion, Mark was hired as Recreation Worker on January 30<sup>th</sup> 2018

**Anita St. Amant** joined Wendat as both a recreation worker in the social club and as part time cook at the Seniors Residence on November 2, 2017.

**Emily King, Mobile Social Worker** joined the psychogeriatric team on November 6, 2017.

**Adrian Smith, Crisis Worker** joined the Crisis Services Team on February 5, 2018.

**Kristin Cockburn, Crisis Worker** joined the Crisis Services Team on March 1, 2018.

### Farewell:

The following employees have left Wendat since the last newsletter: Part Time Cooks Jaime Boyer, Jamie-Lynn LeClair and Reese Quesnell and Part Time Crisis Worker Tonya McKee.

### Congratulations:

Linda Belcourt, Executive Assistant was moved from part time to full time status on October 9, 2017. Mary Wichers-Schreur, Administrative Assistant was moved from part time to full time status on October 9, 2017. Miki Bice, Cook was moved from part time to full time status on November 24, 2017. Monika Hollander moved from a contract position as Case Manager to the full time permanent position of Brief Service Worker on October 9, 2017.



Grocery Group



Cooking Group

## Adult Mental Health Program News

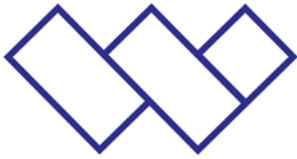
### Cooking Group

The cooking group is all fired up over the awesome meals they create. This joint program with Canadian Mental Health's ACT Team is offered every Friday from 11:30 to 1:30 at Wendat. Clients enjoy the group and the healthy, nutritious food they make. Every week the clients work with the staff to create a menu and grocery shop on a budget. "The group is client centred and focuses on their individual skills and where they are at" explains Angela Thayer, Psychiatric Rehabilitation Coordinator. Each week a client is designated as the Assistant Chef to learn leadership skills and provide motivation. This allows the clients to engage in a social setting and learn new skills. The clients have developed a cook book to take home to practice what they learn. The group decides together, cooks together, eats together and cleans up together. This develops skills for independence. One client said "Cooking is fun, I enjoy working with others, the friendly people and it is exciting to prepare and make the food we eat." For more information about this program, please contact Angela Thayer at 705 526-1305 or [angela@wendatprograms.com](mailto:angela@wendatprograms.com)

### Grocery Group

We are pleased to announce that the Grocery Group Program has been operating since the Spring of 2017 and is a big success! This ongoing group gives clients the opportunity to shop for their groceries at a cost effective grocery store. Since transportation is provided, access to stores further away from home is made possible. Clients say they enjoy the group because they have made new friends. They share shopping tips, recipes and enjoy each other's company.

The Grocery Group is held the first and third Thursday of each month. Clients are asked to call ahead of time and sign up with Program Coordinators April Curzon or Jessica Barnes. Typically, one Wendat van is used with 6 clients participating but some weeks, we have higher numbers and need to use two vans. Clients are picked up between 9:30 and 10:00 am and dropped back at home around noon. The Case Management Team is working hard to engage their clients in this group and it has received positive feedback from clients in recent months. For more information, please contact April Curzon at 705 526-1305 or [april@wendatprograms.com](mailto:april@wendatprograms.com)



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Men's group participants; Jason and Ed.

Case Managers Chris, John and Joel  
"Movember" fundraising.

## Men's Health and Leisure Group

Wendat's Men's Health and Leisure Group had its first meeting in June 2017. Each meeting incorporates an activity that is enjoyable as well as a health topic that relates to the activity. For instance, we had an outing in the summer where we went for a barbeque and a swim at the 13<sup>th</sup> Concession Beach in Lafontaine. The topic that afternoon was the health benefits of swimming.

Other topics include: caffeine, nicotine and medication, benefits of stretching, benefits of getting outdoors, benefits of de-stressing, and benefits of meatless Mondays.

Our adventures have included exploring the Big Chute, barbequing in Wasaga Beach, going for a nature walk at Tiny Marsh, hiking the bridge trail in Penetang, and visiting the Simcoe Museum.

The group continues to operate based on invitation only. We typically have between 9 and 11 attendees. We meet on the 1<sup>st</sup> and 3<sup>rd</sup> Mondays of the month, with the exception of stat holidays and inclement weather. The meeting is relaxed and informal, and members are encouraged to participate based on their comfort level. The hope is that the members can be introduced to some fun experiences that will create bonds and help them make healthy choices.

Kevin, who attends the group, said, "It gets us out doing stuff and I like the food." JP said that he likes the men's group because "I like getting out and socializing." Chris said, "I like going for drives, playing pool, and I don't mind the topics." Dan said, "I like the outings and just interacting with people I don't always get to see." Ed said, "The group gets me out."

If you are interested in attending, please call either Chris Heath or Joel Robitaille, Case Managers at 705 526-1305 or [chris@wendatprograms.com](mailto:chris@wendatprograms.com) or [joel@wendatprograms.com](mailto:joel@wendatprograms.com)



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## Senior's Support Services Program News

### **Assisted Living Program**

Many of the residents living in the Lorna Tomlinson Residence for Seniors are provided with support from Wendat's Assisted Living Program. Assistance with laundry, light housekeeping, bathing and medication reminders provide our residents with the support needed to remain in their own homes longer. A small amount of support to a frail senior can reduce the number of hospital admissions as well as Long Term Care admissions.

Staff of the Assisted Living Program are able to provide support to the residents in the areas of nutrition and exercise, managing chronic illnesses such as diabetes and COPD and will assist the residents in logging their monthly blood pressures and weights. Should an issue be identified, the resident would be directed to their family physician for follow-up.

Staff are available to help residents arrange for transportation to appointments via services such as Community Reach and Red Cross. We also assist in linking residents with other community services such as financial assistance from the County of Simcoe for those requiring dental work, dentures, eye glasses and the Assistive Device Program which helps fund the costs of wheelchairs and walkers.

The residence has been in operation for 2 full years. The majority of the kinks have been worked out and we have a full compliment of qualified staff in all programs.

The Penetanguishene Town bus now stops right at the residence, providing transportation downtown as well as to many stops in Midland including GBGH, The Family Health Team Clinic and malls.

Some comments from clients and family members:

"Service is just wonderful; staff have helped me improve my wellbeing. It is very much appreciated"

"Wendat (Assisted Living) was the best part of my mother's healthcare experience. Thank you for all your help"

"I've always been very pleased with Wendat's services and the care, kindness and enthusiasm they show. They're a very dedicated bunch. Thank you so much"



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### **Adult Day Program and Congregate Dining**

At the Day Program we offer a variety of activities to stimulate minds and bodies. The VON SMART Exercise Program is held every Monday and Thursday, when we have our largest turn out for the Day Program. The class is offered to our residents as well as seniors living in the local community. The day program also offers plenty of activities, games and crafts to help the clients keep busy. One such activity is the wonderful singing and guitar playing of Roy Stevenson who comes twice a month to entertain us all with his songs from the past. Over the last few months we have had many local talents come and perform for us, from “The Reynolds” family who sing and dance, Michael and Catherine Hurtibise with their rhythmic drumming and the harmonious piano melodies of Dr. Lary Melnyk.

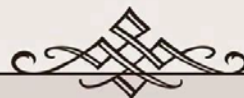
During the Christmas season, we were blessed to have our neighbors, St. Louis Elementary School visit and perform in French, a Christmas concert. Along with the singing they also danced and provided much appreciated Christmas Cheer.

Comments from clients:

“This program has done wonders for me”

“I feel very comfortable coming to the Day Program. Leslie has activities that are good for us, mind, body and spirit.”

Submitted by: Leslie Robitaille



“The body heals with play,  
the mind heals with laughter  
and the spirit heals with joy.”

Proverb



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## Wendat in the News

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Wendat staff and clients thank SEGBay Chamber of Commerce for donating a portion of the proceeds from their 2017 Golf Tournament.

*Hurononia Community foundation presents Caring Counts Charity Showcase. Andrea Abbott-Kokosin (right), Linda Belcourt (left) and Evan Hadfield, Col. Chris Hadfield's son and mastermind behind Chris' "Space Oddity" YouTube sensation. Wendat were on hand to showcase what we offer. Provided by Snap.*



*The Lorna Tomlinson Residence for Seniors provides low-income seniors with affordable housing. Building manager Kathy Jolie (left) and Andrea Abbott-Kokosin, executive director of Wendat Community Programs, are both involved in making sure the facility runs smoothly. - Andrew Mendler/Metroland. (Full article published December 8, 2017 in the Midland Mirror)*





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**National Volunteer Week**  
**April 15 – 21, 2018**  
Celebrate the value of  
volunteering



**WENDAT UPDATE**

*Please join us  
for our annual*

## **Volunteer Recognition Celebration**

Wednesday April 18

4:30 pm – 6 pm

237 Second Street,  
Board Room

*light refreshments will be served*

**Please RSVP**

to Verna at 705 526-1305 or  
[verna@wendatprograms.com](mailto:verna@wendatprograms.com)



*Our volunteers make it happen!*

*A few of our valued volunteers Dan, Rose, Yvonne, Gord and Odette working hard to mail out the newsletters. Thank you for your hard work!*



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fax 705 526-9248

[info@wendatprograms.com](mailto:info@wendatprograms.com)

Lorna Tomlinson Residence and  
Seniors Support Services  
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Penetanguishene ON L9M 3P7  
phone 705 355-1022  
fax 705 355-1026

[www.wendatprograms.com](http://www.wendatprograms.com)

BN 108196353RR0001

## ***Coming Soon...we need your help!***

***Tag Days*** May 4 and 5, 2018 and September 21 and 22, 2018  
Contact Verna at 705 526-1305 or [verna@wendatprograms.com](mailto:verna@wendatprograms.com) to  
sign up to volunteer.

***Butter Tart Festival*** Saturday June 9, 2018. Wendat will be selling  
butter tarts this year. Please come and visit our booth on the waterfront  
and buy some tarts. If you are able to volunteer at our booth, please  
contact Verna to sign up.

***14<sup>th</sup> Annual Boston Pizza Charity Golf Tournament 2018***  
Monday June 25, 2018 at Brooklea. To sponsor, donate a prize or  
register to play golf, please call 705 526-1305. All proceeds support  
transportation for the clients of Wendat Community Programs.

***Tiny Township Mayor's Golf Tournament***  
Friday July 13, 2018. Wendat is pleased to be selected to receive a  
portion of this year's proceeds. Please consider participating in this  
event. Funds provided to Wendat will be split 50/50 for our Seniors  
Programs and Adult Mental Health Services.

***SEGBay Chamber of Commerce Golf Tournament***  
Tuesday August 14, 2018. For the second year, Wendat has been  
selected to receive a portion of the proceeds from this event. Funds  
provided to Wendat will be used towards the mortgage on the Lorna  
Tomlinson Residence for Seniors. Please consider participating in this  
event.



**Ontario**

North Simcoe Muskoka Local  
Health Integration Network

Réseau local d'intégration  
des services de santé de  
Simcoe Nord Muskoka

Donate online  
by searching  
for Wendat at  
[www.canadahelps.org](http://www.canadahelps.org)