

**WENDAT**  
Community Programs  
Providing Services for Seniors and Adult  
Mental Health Services in North Simcoe-Muskoka



**September 2018**

# WENDAT UPDATE

## **Wendat Community Programs**

### **Annual General Meeting**

**Wednesday October 17, 2018**

Penetanguishene Legion, Branch 68  
2 Poyntz St. Penetanguishene

6:30 pm Registration  
7 pm Business Meeting

*Please join us following the meeting for light refreshments*

For more information or to RSVP,  
please contact Verna at 705 526-1305 ext. 241  
or [verna@wendatprograms.com](mailto:verna@wendatprograms.com)

***Wear something glitzy to help us celebrate our Diamond Anniversary!***

### What's Inside:

- 2 Message from Andrea; Executive Director
- 3 Staff News
- 4 Senior's Mental Health Program News
- 6 Seniors' Support Services Program News
- 8 Wendat in the News
- 9 Mental Health Awareness
- 10 Fundraising successes



Pictured from left to right Rose Ladouceur, Linda Belcourt, Sherry Allan, Verna Porter, Andy Staffen of Boston Pizza, Andrea Abbott-Kokosin and Odette Reynolds at the 14<sup>th</sup> Annual Boston Pizza Wendat Charity Golf Scramble.

## Message from Andrea Abbott-Kokosin, Executive Director

The summer months were very busy at Wendat. The Spring Tag Days raised \$2,777. The 14<sup>th</sup> annual Boston Pizza Wendat Charity Golf Scramble took place on June 25<sup>th</sup>. This year, for the first time, Wendat was selected as one of the recipients of the proceeds from the Tiny Mayor's Golf Tournament which took place on July 13<sup>th</sup>. For the second time, Wendat was one of the recipients of the Segbay Chamber of Commerce Golf Tournament which took place on August 14<sup>th</sup>. Wendat staff and Board members volunteered at all three of these events. You will find specific results in the coming pages.

I am pleased to announce that Wendat has received an increase in our base funding for both Community Mental Health Programs and our Seniors Programs. This will positively impact staff wages and operational costs.

The Crisis Services team participated in an Excellence Through Quality Improvement Project from January until September. This helped us to focus on a new challenge for Crisis Services and will potentially result in adding 12 to 15 year olds to those we serve by providing crisis assessments at Georgian Bay General Hospital.

All of our services received glowing feedback through our satisfaction surveys. It is always great to hear that clients, caregivers and other service providers think we are doing a good job.

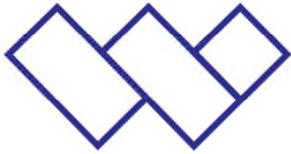
The Midland Mirror offered us the opportunity to have a monthly column in the paper. We have written three so far and the next one will be coming soon. We appreciate the opportunity to inform the public about our various services.

Staff received training regarding making an active offer for service in French. We have been working very hard on our French Language Service Plan and implementing some of the action items included in the plan.

With 2 buildings, 11 services and over 70 staff we need to make an extra effort to communicate internally. To promote a better understanding of all the great work Wendat does, various teams have provided information sessions at our full staff meetings. Wendat has started a tradition of recognizing staff for their hard work on special days such as PSW day, Social Work Day, Nursing Week, Community Support Month and Administrative Professionals day.

Our staff social committee has worked hard to organize team building opportunities across the organization and are currently busy planning our staff and Board holiday party. I thank them for their efforts to bring us all together.





**WENDAT**

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WENDAT UPDATE

## **Staff News May – September 2018**

### **Welcome:**

**Rose Ladouceur, Part Time Recreation Worker** joined the team in the Social Club on March 20, 2018.

**Julienne Menard, Part Time Community Care Worker** joined the team in the Seniors' Programs on April 16, 2018.

**Jean-Paul Marion, Part Time Maintenance** joined the team for on May 14, 2018.

**Dean Farrell, Maintenance Worker** joined Wendat on June 11, 2018.

**Erin Lemieux, Part Time Community Care Worker**, joined the team in the Senior's Programs on June 12, 2018.

**Jennifer Wise, Behaviour Nurse** joined the Psychogeriatric team on July 9, 2018.

**Tiffany Rawlins, Assistant Recreation Worker** joined the Social Club on August 8, 2018.

**Hannah Poulson, Assistant Recreation Worker** joined the Social Club on August 29<sup>th</sup>, 2018.

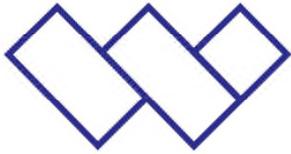
**Vickie Lamb, Part Time Cook** joined the team in the Seniors' Programs on August 31, 2018.

### **Changes:**

- Carol Kopiec moved into the position of Day Program Coordinator from her former position as Part Time Community Care Worker.
- Anita St. Amant resigned from the Social Club but has remained with Wendat as a part time cook at the Lorna Tomlinson Residence for Seniors.
- Dev Singh has resigned from his position at Part Time Permanent Crisis Worker but has remained with Wendat as a Part Time Casual Crisis Worker.
- Charlene Lessard has added to her duties as Part Time Casual Recreation Worker and remains as a CCW in the Seniors' Program.

### **Farewell:**

- Kim Rear, Case Manager
- Emily Mulders, Part Time Casual Crisis Worker
- Ian Walker, Part Time Cook
- Leslie Robitaille, Day Program Coordinator
- Susan Benoit, Transition Team Lead
- Steve Laurin, Driver
- Ashley Doherty, Case Manager



WENDAT

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WENDAT UPDATE

## Senior's Mental Health Program News

**Psychogeriatrics** is made up of two distinct teams, the Transition team and Geriatric Social Work.

### *What is Transition Service?*

Wendat's Behaviour Nurses create individualized Plans of Care outlining specific, practical interventions/strategies to transition seniors with complex mental health needs and behaviours primarily from their current environment to a more appropriate supervised care setting such as Retirement Homes and Long Term Care Homes. In order to effect a smooth transition of care, they work in collaboration with the client, family, staff of hospitals and other supported environments, Long Term Care Homes, and the client care coordinators and placement coordinators of the NSM LHIN Home and Community Care.

The Transition Behaviour Nurse acts as a resource in the management of behaviours based on assessment outcomes and will negotiate with the supervised care setting staff the frequency and duration of service up to a maximum of 6 weeks. The responsibility for discharge planning issues related to the timing, planning or placement location rests entirely with the referring Hospital and the receiving Care Home in collaboration with LHIN-HCC, and family members.

**“Our father's transition to Long term care was extremely challenging and difficult. Not only was he suffering with dementia and delirium, he was also suffering from depression. “Transition Nurse” was exceptional in her role; she was able to befriend him to understand his needs and feelings, which allowed her to advocate on his behalf to staff and family with suggested strategies to help him adjust to his new environment. Our family will be forever grateful to Wendat.”**

### *What does Social Work do?*

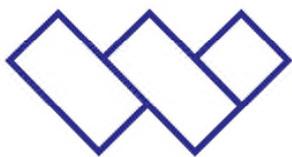
This service is specific to seniors aged 65+ with complex mental health and healthcare needs who are experiencing challenges which interfere with their ability to function or manage in their present environment. Social Workers will:

- Work collaboratively with referral sources and other support services in enabling improved functioning in the senior's home environment
- Provide psychosocial assessments and ongoing risk identification
- Primary role is to provide individual counseling to address areas of concern/risk
- Provide appropriate interventions related to: Family dynamics, Care-giver burnout, Elder abuse and neglect
- Enhance senior's social environment to raise sense of well-being and improve quality of life

**“Social worker was a caring individual who helped me sort things out. She was easy to talk to and had a delightful manner”**

Since April 1, 2018 our Psychogeriatric Team has provided over 2145 visits face to face or over the phone, to our clients!





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## Senior's Support Services Program News

### **Assisted Living Program** Submitted by: Kathy Jolie, Program Supervisor

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.

#### A resident's story:

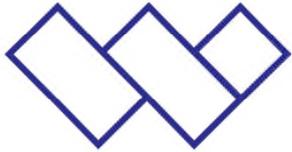
"It has been five months since my dad passed away. I want to convey to you how much this facility meant to us. When we first found Wendat, we were having a difficult search to find a place for my father. He was in a dire financial situation and any suitable facilities were very expensive, meaning we would have to find money to help support him. It was hard on him knowing he could not be self-sufficient. Being accepted into the Lorna Tomlinson residence was such a relief.

His room was great, roomy, modern and well designed. He had a sunny window with a great view. Being all on one level was so great. The shower and bathing facilities were always spotless and available when he needed them. The dining room was lovely and he often commented on how good the food was. He especially loved having access to coffee. We appreciated the consideration to his and others need to smoke. Not a healthy activity but one of the few moments of independence he still had. Having a special gazebo built shows the respect your organization has for these seniors.

Finally, the staff. What a wonderful group of caregivers. Everyone was so caring and understanding. My dad has many challenges and he was always treated with respect and compassion.

Thank you for everything you and your staff did to make my father's time there easy and pleasant. More facilities like this are needed in Ontario."

WENDAT UPDATE



**WENDAT**

Community Programs

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Mental Health Services in North Simcoe-Muskoka



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

**Submitted by:** Kathy Jolie, Program Supervisor

At the Day Program we offer a variety of activities to stimulate minds and bodies. The VON SMART Exercise Program is held regularly. The program 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. There are often guest facilitators providing diverse cultural, recreational and social activities.

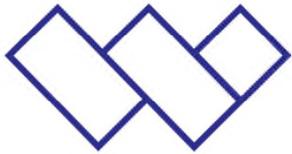
Since the last newsletter, Leslie Robitaille, the long-time coordinator of the Day Program left Wendat to pursue other career opportunities. We welcomed Carol Kopiec into this role. Carol has been a part of the Wendat family as a part time Community Care Worker for a long time and already knew the clients and the program well.

The program is held four days per week Monday to Thursday. We welcome new members.

The congregate dining program provides meals three times a day for the residents of the Lorna Tomlinson Residence as well as lunch Monday to Thursday for the participants in the Day Program. Our dedicated team of full time and part time cooks provide tasty, nutritious meals for a very low cost.

For more information, if you are interested in participating, please contact Kathy Jolie at 705 355-1022 ext. 226.





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## Wendat in the News

**WENDAT UPDATE**

### Boston Pizza Midland Donates over \$344,670 to Wendat

This year marked the 14th annual Boston Pizza Charity Golf Tournament in support of Wendat Community Programs. The grand total for all 14 years is \$344,670. All proceeds are used to purchase passenger vans to transport clients to and from a range of programs provided by Wendat.



*Photo above: Andy Staffen, Boston Pizza Midland and Andrea Abbott-Kokosin, Executive Director Wendat Community Programs.*

“We can’t thank Andy Staffen of Boston Pizza enough for his support and the support we receive from his staff”, says Andrea Abbott-Kokosin, Executive Director of Wendat. “to date, the funds raised have purchased 7 passenger vans for Wendat, ensuring access to our programs and services.”

“We had great support from sponsors this year”, says Andy of Boston Pizza. “Everyone had a great time and I would like to thank all the businesses and individuals, who sponsor the event, come out and play golf, volunteer, and donate so many great prizes.”

Wendat Community Programs provides support, rehabilitation and treatment for adults with mental illness and seniors with care needs in North Simcoe - Muskoka.

*September 6, 2018 Springwater News*

### Paul's No Frills treats Wendat to home-cooked dinner

*Community Jul 07, 2018 Midland Mirror*



On June 22, Paul Gibbons of Paul's No Frills hosted a dinner for Wendat's staff, volunteers and clients. This Loblaw's event encourages people to eat together and share a community experience.

Wendat is very grateful to be chosen by Paul Gibbons as a community of people that deserve a nice hot meal, an evening of fun and sense of community spirit. The Midland Legion was very generous in donating the hall for a few hours in support of this event. When community members get together everyone wins.

Heather Cusson, programs supervisor, case management stated, “What a wonderful way to give back to the community. No Frills staff were very kind to come out on their own time to cook and serve a delicious meal for our team.”





**Mental Health  
Awareness Week  
October 1 – 7, 2018**

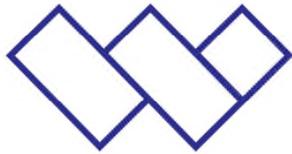
## Who is affected by mental illness?

- Mental illness indirectly affects all Canadians at some time through a family member, friend or colleague.
- In any given year, 1 in 5 people in Canada will personally experience a mental health problem or illness.
- Mental illness affects people of all ages, education, income levels, and cultures.
- Approximately 8% of adults will experience major depression at some time in their lives.
- About 1% of Canadians will experience bipolar disorder (or “manic depression”).

## How common is it?

- By age 40, about 50% of the population will have or have had a mental illness.
- Schizophrenia affects 1% of the Canadian population.
- Anxiety disorders affect 5% of the household population, causing mild to severe impairment.
- Suicide accounts for 24% of all deaths among 15-24 year olds and 16% among 25-44 year olds.
- Suicide is one of the leading causes of death in both men and women from adolescence to middle age.
- The mortality rate due to suicide among men is four times the rate among women.

**Wendat assists persons with serious mental illness  
to live as independently as possible  
by providing support and rehabilitation.**



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WENDAT UPDATE

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and Main Office  
237 Second Street  
Midland ON L4R 4P4  
phone 705 526-1305  
fax 705 526-9248

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

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

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

BN 108196353RR0001

## ***Recent Fundraising Successes:***

***Butter Tart Festival*** Saturday June 9, 2018. Wendat sold butter tarts at a booth on the waterfront. We raised \$1,200.00 for Wendat Programs.

***14<sup>th</sup> Annual Boston Pizza Charity Golf Tournament 2018***  
Held on Monday June 25, 2018 at Brooklea, this event raised \$37,673. All funds raised will be used towards vehicles for transportation to our programs.

### ***Tiny Township Mayor's Golf Tournament***

Wendat is pleased to be selected to receive a portion of this year's proceeds. Wendat will receive \$5,500 from 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***

For the second time, Wendat was selected to receive a portion of the proceeds from this event. Wendat will receive \$6,000 from this event. Funds provided will be used towards the mortgage on the Lorna Tomlinson Residence for Seniors.



**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)