



**September 2019**

# WENDAT UPDATE

## **Wendat Community Programs**

### **Annual General Meeting**

**Tuesday October 15, 2019**

**237 Second St. Midland  
Lower Level**

4:45—6:00 pm registration  
5:00—6:00 pm barbecue dinner  
6:00— 6:45 pm annual meeting  
6:45—7:15 pm coffee and dessert

For more information or to RSVP,  
please contact Linda at 705 526-1305 ext 232  
or [linda@wendatprograms.com](mailto:linda@wendatprograms.com)

***Our theme is Georgian Bay Plaid,  
you are welcome to wear denim and plaid.***

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Pictured on left: Zina Thomson, Program Supervisor Psychogeriatrics, Verna Porter, Administrative Assistant and Kathy Jolie Program Supervisor Seniors Support Services at the 2019 Ontario's Best Butter Tart Festival.

## Message from Andrea Abbott-Kokosin, Executive Director

The summer months were very busy at Wendat. Tag Days held in May raised \$2,718. September Tag Days are scheduled for September 20<sup>th</sup> and 21<sup>st</sup> and will be the last time Wendat does tagging as we are focusing our volunteer and staffing resources on other fundraising opportunities.

The 15<sup>th</sup> Annual Boston Pizza Wendat Charity Golf Scramble took place on Monday June 24<sup>th</sup> and raised \$42,581. With this funding, we replaced one of our older vans and added another to the fleet. Wendat now has 4 vans (Boston Pizza Bullets) on the road transporting clients to our programs.

The 16<sup>th</sup> annual SEGBay Chamber of Commerce Golf Tournament took place on August 13<sup>th</sup>. Wendat will receive \$12,000 from this event.

I am pleased to announce that Wendat is now partnering with the OPP to provide a mobile mental health response team. You can read more about this on page 5.

We are excited to be selected as one of the recipients of funding from the Tiny Mayor's Golf Tournament being held on September 13<sup>th</sup>, 2019 and anticipate that we will receive \$2,500 from that event.

Dr. Laurie Wells moved her part-time private practice to Wendat Community Programs effective July 2<sup>nd</sup>, 2019. Dr. Wells is a Family Doctor and psychotherapist. You can read more about Laurie on page 4.

Many fun programs and outings were experienced by the Social Club and the Seniors Day Program.

Two Wendat Board members resigned and one more will retire in September. We thank Candice Barrington, Maureen Leitch and Maureen Reid for their service on the Board and their support of Wendat. The Governance Committee of the Board has been working hard to fill these three vacancies and will be recommending three candidates for election at the Annual General Meeting on October 15<sup>th</sup>.

Program Supervisor-Social Club, Darlene Forget has been providing programming once per month at the new Youth Hub.

Some of you may be hearing about Ontario Health Teams on the news. Wendat is actively participating in local efforts to submit an application for a North Simcoe Ontario Health Team in collaboration with partner organizations. We will keep you all up to date on our progress. You can read more about this on page 4.



# WENDAT

Community Programs

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

# WENDAT UPDATE

## Staff News March – September 2019

### Welcome

- Taylor Shank, Integrated Behaviour Support Worker
- Amanda Lockhart, PT Cook
- Lorrie Ann Montgomery, Integrated Behaviour Support Worker
- Alette Montree, Integrated Behaviour Support Worker
- Andrea Cameron, Case Manager
- Crystal Husbands, FT Contract Crisis Worker
- April Gustafson, Part Time CCW
- Victoria Gray, FT Contract Crisis Worker
- Michelle O'Driscoll, PT Crisis Worker
- Jade McIntosh, PT Crisis Worker
- Beverley Robitaille, PT Housekeeper
- Ashley Maudsley, PT CCW

### Farewell

- Emily Mulders, PT Crisis Worker
- Dev Singh, PT Crisis Worker
- Kristin Cockburn, PT Crisis Worker
- Jessica Barnes, Case Manager
- Angie Gregoire, Recreation Worker
- Lacey Barry, PT Crisis Worker

### Changes

- Randy Roi, Recreation Worker, returned from extended sick leave
- Teesha Gaudet, Crisis Worker has moved into the role of Mobile Crisis Worker to work on the North Simcoe Crisis Management and Resource Team
- Naomi Colley, Crisis Worker is on leave from August 2019 – September 2020
- Grace Robinson, PT Crisis Worker took a leave of absence to complete her MSW and has now returned to work
- Adrian Smith, PT Crisis worker has taken a leave of absence and will return in January 2020
- Tara Ayers-Cloutier has been on leave since June 2019
- Sherry Allan has announced her retirement, her last day of work will be October 18<sup>th</sup>, 2019



## **Welcome Dr. Laurie Wells!**

Wendat is excited to announce that Dr. Laurie Wells moved her part-time private practice to Wendat Community Programs effective July 2<sup>nd</sup>, 2019. Dr. Wells is a Family Doctor and psychotherapist. She has focused her practice, "Own Health", on comprehensive ways to improve mental health. She will continue her work at Waypoint, as lead for the Metabolic Program at Outpatients on Mondays, and is teaching at McMaster Medical School on Tuesdays until December.

Laurie is renting office space from Wendat. In addition, Laurie and Wendat have a collaborative agreement. As she is able to take on new patients, Laurie will make Wendat clients a priority. She plans to provide both individual and group counselling and psychotherapy, and to continue to work with Wendat staff in the development and delivery of mental health programs. In addition, she will work with the management team to develop and deliver a continuous plan for "indirect" psychiatric services for the community mental health services at Wendat.

## **Ontario Health Teams**

The Ontario government is building a connected health care system centred around patients, families and caregivers. These changes will strengthen local services, making it easier for patients to navigate the system and transition between providers. Ontario Health Teams are being introduced to provide a new way of organizing and delivering care that is more connected to patients in their local communities. Under Ontario Health Teams, health care providers (including hospitals, doctors and home and community care providers) will work as one coordinated team - no matter where they provide care.

Wendat Community Programs is actively participating in local efforts to submit an application for a North Simcoe Ontario Health Team in collaboration with partner organizations. We will keep you all up to date on our progress.

You can find more information about Ontario Health Teams at the link below:

<http://health.gov.on.ca/en/pro/programs/connectedcare/oht/>

## Meet the NS CMART Team!

Provincial Constable Jeff Dorion  
from the Southern Georgian Bay  
OPP detachment and Crisis  
Worker Teesha Gaudet  
BSW/RSW from Wendat  
Community Programs.



The Southern Georgian Bay detachment of the OPP and Wendat Community Programs have partnered together to create the North Simcoe Crisis Management and Resource Team (CMART). The CMART's mandate: to assist those who are experiencing a mental health crisis, via initial crisis response or by directing them to the appropriate services that will facilitate ongoing treatment, support and stabilization in the community.

This partnership began on April 1, 2019. CMART is possible by funding to Wendat from the North Simcoe Muskoka LHIN with additional funding from the town of Midland, Town of Penetanguishene, Tiny Township and Tay Township.

The CMART team is comprised of Provincial Constable Jeff Dorion from the Southern Georgian Bay OPP detachment and Crisis Worker Teesha Gaudet BSW/RSW from Wendat Community Programs. The two work together to assist in the response to incidents reported to police involving a mental health component. The purpose of this partnership is to help reduce emergency room visits and repeated calls for police involvement.

"Wendat has always worked closely with Midland Police and now OPP and we are so pleased to formalize this partnership. Providing treatment and care in the community for mental health crisis, it is a win win for the OPP, the hospital, Mental Health Service providers, it is good for everyone," said Andrea Abbott-Kokosin, Executive Director at Wendat.

"The CMART assists community members when they are in crisis and more importantly following a crisis; reducing the cyclical effect of police calls for service and hospital emergency department visits. The benefits to this program are very far reaching" said Staff Sergeant Lee Jeannotte of the Southern Georgian Bay OPP detachment.

Since the program became operational the team has responded to a number of people experiencing a crisis. In addition to initial response, the team continues to assist those in need through visits, phone calls and referrals to help prevent and divert repeat calls to frontline officers when community programs may be a better fit for the individual. The follow-up conducted by the team during the pilot project has reduced hospital visits and the expectation would be for that trend to continue.



## Seniors' Support Services Programs 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.

### **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.

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.



## **The Lorna Tomlinson Residence for Seniors has Vacancies!**

### **Affordable, supported living for seniors in North Simcoe available**

Are you a senior looking for an affordable, supported living solution in North Simcoe? The Lorna Tomlinson Residence for Seniors has vacancies. This non-profit residence is located in Penetanguishene. All rooms are private with a private bathroom. Monthly fees from \$1041.35 for single rooms and from \$1786.10 for double rooms. Fees cover rent, all meals and light housekeeping. Additional personal support services available. Specific eligibility criteria related to finances and care needs will be determined through an application and assessment process.

For more information, please contact Kathy Jolie at 705-355-1022 or [kathy@wendatprograms.com](mailto:kathy@wendatprograms.com)



Pictured at left, mandalas created  
During a group at the Youth Hub led by  
Program Supervisor – Social Club, Darlene  
Forget.

### Boston Pizza supports Wendat Community Programs



Over the past fifteen years, Boston Pizza Midland has donated \$ 387,254 to Wendat Community Programs through their annual Charity Golf Tournament. The 15<sup>th</sup> annual tournament was held on Monday June 24, 2019 at Brooklea Golf Course and raised \$42,581. All proceeds raised by Boston Pizza at the golf tournament are used to purchase passenger vans to transport clients to and from a range of programs provided by Wendat Community Programs. With the funds raised on June 24<sup>th</sup>, Wendat purchased two new Dodge Caravans. This brings Wendat's fleet to four vans.

Pictured above: Tara Staffen, Andrea Abbott-Kokosin, Andy Staffen and Verna Porter.

Pictured on right: Winner of the Quilt, Carrie Latendresse, Bracebridge ON

### Georgian Bay Quilters Guild Supports Wendat's Seniors Residence

The Georgian Bay Quilters Guild donated a beautiful quilt to Wendat Community Programs to aid in fundraising for the Senior's Residence in Penetanguishene. Wendat and the Guild sold tickets to raffle the quilt for \$5 each or 3 tickets for \$10. Wendat Community Programs is a charitable, non-profit corporation that provides support, treatment and rehabilitation services to adults and seniors in the Simcoe-Muskoka area. Since 1987, Wendat has offered adult mental health services in North Simcoe. The lottery for the quilt raised \$3,022.00 for The Lorna Tomlinson Residence for Seniors.



### Paul's NOFRILLS "Eat Together" event supports Wendat Community Programs

Paul Gibbons, the owner of Paul's NOFRILLS in Midland holds an annual event that encourages people to eat together and share a community experience. Wendat Community Programs was the grateful recipient of this event on June 14<sup>th</sup>, 2019. Fifty clients of Wendat's Adult Mental Health Services were the lucky recipients of a delicious barbeque dinner. Paul and his staff donated and prepared sausages, hamburgers, salads and butter tarts. The clients enjoyed an evening of fun and a sense of community spirit. Paul said "when community members get together everyone wins". Heather Cusson, Program Supervisor - Case Management at Wendat stated, "What a wonderful way to give back to the community, NOFRILLS owner and staff members were very generous to come out on their own time to cook and serve a delicious meal for our club members."



### Elmvale Presbyterian Church Supports Mental Health!



The Elmvale Presbyterian Church's Mission Outreach Committee holds an annual BBQ and Bake Sale. This year, the Committee wanted to support a Mental Health Service Organization and they selected Wendat Community Programs. Wendat was selected because the services offered by Wendat staff had a positive impact on a family affected by Mental Illness that is part of the Presbyterian congregation. Wendat was very pleased to accept a donation of \$1,400.00. The funds will go towards the organization's Adult Mental Health Services in Midland and area.

Pictured above: Members of Elmvale Presbyterian Church with Linda Belcourt and Andrea Abbott-Kokosin of Wendat.

Pictured on left: Paul Gibbons and staff of Paul's No Frills Midland.

## Wendat in the News

### Victoria Harbour and District Lions Club Donates to Wendat Seniors' Residence



Pictured left to right: Lion Dennis Esterbrooks, Lion Lawrence Campbell, Andrea Abbott-Kokosin, Executive Director of Wendat, Lion Ron Kunce and Lion John Tomlinson.

The Victoria Harbour and District Lions Club has generously donated \$500.00 to the Wendat Senior's Residence. The Club has donated \$1,000 in the last two years towards the final construction costs of the Lorna Tomlinson Residence for Seniors. Lion Dennis Esterbrooks said, "Joel (a Case Manager at Wendat) is a true Angel for our community. Wendat does a great job supporting our community with their mental health and seniors services".



**Mental Health  
Awareness Week  
October 6 – 12, 2019**

## 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. For more  
information about our services call 705 526-1305 or  
visit [www.wendatprograms.com](http://www.wendatprograms.com)**

Adult Mental Health  
and Main Office  
237 Second Street  
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## ***Recent Fundraising Successes:***

***Quilt Raffle*** raised \$3,022 for operating costs at the Lorna Tomlinson Residence for Seniors.

***May Tag Days*** raised \$2,718. September Tag Days will be held September 20<sup>th</sup> and 21<sup>st</sup>.

***Butter Tart Festival*** Saturday June 9, 2018. Wendat sold butter tarts at a booth on the waterfront. We raised \$1,307.25 for Wendat Programs.

***15<sup>th</sup> Annual Boston Pizza Charity Golf Tournament***  
Held on Monday June 24, 2019 at Brooklea, this event raised \$42,581. All funds raised will be used towards vehicles for transportation to our programs.

***SEGBay Chamber of Commerce Annual Golf Tournament*** held on August 13, 2019. Wendat will receive \$12,000 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)