

Bellwoods Newsletter

SUMMER
UPDATE



WHAT'S NEW AT BELLWOODS

ANNUAL GENERAL MEETING & STAFF RECOGNITION

Bellwoods 2019 Annual General Meeting (AGM) and Staff Recognition Awards were held on June 24, 2019 at St. Paul's Bloor Street. The business portion of the AGM focused on a review of past year activities, approval of the 2018/19 year-end audit and tabling of the Annual Finance Report. Two new members - Kodie Lee and Mary Lewis - were elected to the Board. Kodie is a Valuation Analyst at Revera Inc. a provider of long-term care and retirement homes. Mary retired in 2018 from the position of Chief Mission and Research Officer after 20 years at Heart & Stroke. She also spearheaded the development of the Ontario Stroke System. One of our Board members (Craig Knowles) and one of our in-home respite family members (Amy Federis) shared their lived experiences caring for family members and friends and reflected on the importance of organizations like Bellwoods in helping them navigate and thrive in their roles as caregivers.

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This year's AGM also included the annual staff recognition event that honoured 49 of our staff who reached significant milestones ranging from five to 30 years of service.

05 Annaliza Caoyonan
Chita Pascual
Dianne McLean
Elizabeth Christian
Esther McDonald
Gerda Dorsainvil
Kereen Nowatt
Kim Feliz de Leon
Mama Jawneh
Martina Angco
Mary Jane Sabeniano
Mohinee Singh
Pamela Brown
Ruth Gamachu
Sanjay Chatterjee
Simon Savedra
Sophia Lewis
Vedowtie Sookdeo

10 Adewale Adeleke
Annette Malcolm-Chambers
Bultu Abasanbi
Dane-Ann Harrison
Elizabeth Pamplona
Gustav Owusu
Harriet Jamieson
Marie Thomas
Marie Josee Placide
Marivic Vilorica
Martina Ogbonna
Phurbu Dolma
Raulda John Walcott
Rita Obonor
Ruchelle Bailey
Yemisi Keshinro

15 N/A
20 Basmatee Ragobeer
Cathy Walker
Epsibah Draggon
Hildred Martin
Laurel Grant
Marietta Walter
Ron Cook
Sonia Houston
Tapesree Chow
25 Noreen Cain
Rukmini Persaud
Wojciech Skowierzak
30 Desta Tirfe
Steven Yip





A SUCCESSFUL FUNDRAISING EVENT FOR BELLWOODS

Strong neighbourhoods are important pillars of community health and prosperity. On May 15, 2019 Bellwoods participated in the second annual I Heart Neighbourhood Charity Auction that brought together friends, neighbours and supporters to celebrate the importance of neighbourhood and communities. This collaborative fundraiser raised over \$150,000 for vital programs and services for the five community partners that sponsored this year's gala. Bellwoods doubled the amount of money raised from the previous year. Monies raised will be used to create Bellwoods' Bridging the Gap Fund that will help some of our most vulnerable supportive housing clients who require urgent assistance with an identified need to cover expenses associated with personal care, household supplies, equipment, etc. Some of the funds will also be used to help individuals with their transition to Bellwoods' Community Connect and Housing with Layered Support programs. **Thank you to our sponsors and donors and everyone else who made this year's event such a success!**

Our Sponsors (donations ranging from \$1000-2,500):

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STAFF NEWS & ENGAGEMENT

STAFF ANNOUNCEMENTS:

Transitions

VICE PRESIDENT, TRANSITION & SPECIAL PROJECTS -



HARRIET JAMIESON

After ten years, Harriet Jamieson, Vice President of Transition & Special Projects retired from Bellwoods at the end of June. Harriet was instrumental in building our Mobile Independent Living Education (MILE) and Community Connect (CC) programs and has recently advanced the reputation of Bellwoods as a leader in providing Short-Term Transitional Care Models (STTCM) that support reintegration of clients who are transitioning from hospital back to the community. This work has resulted in expansion of the CC program and in-home respite services and establishment of the Centralized Referral Management (CRM) Team that is coordinating access to STTCM beds/units across Toronto Central LHIN.

DIRECTOR, TRANSITION & SPECIAL PROJECTS -



ANNE DUMAIS

Anne Dumais, Manager - Centralized Referral Management, has been promoted to the role of Director, Transition & Special Projects. Anne started work at Bellwoods in February 2018 and was responsible for the successful development and launch of the Centralized Referral Management Team for Toronto Central LHIN STTCM project. She has a Bachelor of Science (Occupational Therapy) from Queen's University. Congratulations Anne!

NEW STAFF APPOINTMENTS:

Welcome to the following new staff



SUMAN SETH, CHIEF HUMAN RESOURCES OFFICER

Suman Seth, CHRL joined Bellwoods in Spring 2019 as Chief Human Resources Officer. With over 15 years of experience in the human resources sector, Suman is working to develop new innovative training and development programs for PSWs and advancing our labour relations strategy. Suman has a Bachelor of Administrative Studies, specializing in Human Resources from York University and a Certificate in HR Law.



REBECCA CHASTON, MANAGER OF PROCUREMENT, FACILITIES & SPECIAL PROJECTS

Rebecca Chaston joined Bellwoods in July 2019 as Manager of Procurement, Facilities & Special Projects. Rebecca brings a wealth of knowledge related to procurement, training and development, and mechanical/technical experience that will contribute significantly to our organization. She is working on completing her HR Management Diploma at Humber College.



JACKLYN PEARCE, VICE PRESIDENT, TRANSITION & SPECIAL PROJECTS

Jacklyn Pearce, MSc (QIPS), OT Reg. (Ont.) joined Bellwoods as Vice President, Transition & Special Projects in mid-July 2019. Jacklyn has a passion for the development of people, programs and practices that support exceptional client outcomes and collaborative cross-sector partnerships.

PSW DAY CELEBRATED ACROSS ONTARIO ON MAY 19TH!

Bellwoods employs more than 300 Personal Support Workers (PSWs). The backbone of our organization, our PSWs work hard to support our clients on a day-to-day basis and deal gracefully and compassionately helping clients cope with change and challenging situations.

On May 17th, Bellwoods celebrated our PSWs with a Welcome Drop-in event held at each of our seven housing locations. The celebration was held as part of PSW Day that is celebrated on May 19th across Ontario each year.

Thank you to all of our PSWs for the amazing work you do and for the dedication, professionalism and support you bring to the job every day.

DID YOU KNOW?

In 2010, Ontario declared May 19th Personal Support Worker (PSW) Day. PSWs are the largest group of workers in the home care industry.

COMMUNITY ETHICS NETWORK WORKSHOP



Bellwoods is strongly committed to using validated tools to support ethical decision-making for all of our staff and clients. In support of this goal, staff (managers and front-line staff) from Bellwoods attended the Community Ethics Network (CEN) workshop - *Reconciling Risks: Responding Ethically to Potential Harms* - held on June 27th.

More than 100 providers from the community health and support sector attended the workshop that explored case studies using the IDEA and RISQAE Ethical Decision-Making tools.

Participants also had an opportunity to discuss application of these tools in their organizations.

Bellwoods staff: (left to right)
Sonia Jacobs, Sharon Robertson, Sharri-Ann Edmunds, Ralphy Jason Valdez, Perna Mehta and Staciann Wilson.



INTEGRATED HEALTH CARE TOP OF THE AGENDA FOR THE ONTARIO GOVERNMENT

In early April, the Government of Ontario issued a call for proposals for Ontario Health Teams (OHT) that would be made up of a combination of health providers interested in becoming “early adopters” in what is expected to be a province-wide integrated health care system. Under the proposed system, patients will receive most of their health care from OHTs made up of hospitals, home and community care providers, doctor’s offices, mental health providers and others who will coordinate patient care and share a funding envelope. This approach is intended to promote a shared responsibility for supporting patients as they access services along the care continuum. Bellwoods is participating in OHT discussions and working with some of our community partners to ensure that potential opportunities and challenges are considered to appropriately address the needs of adults with physical disabilities in the current OHT reform.

ONTARIO PARTNERS WITH THE RICK HANSEN FOUNDATION TO REMOVE BARRIERS AND MAKE COMMUNITIES MORE ACCESSIBLE

In May 2019, the Government of Ontario announced that it will invest \$1.3 million over two years through a new partnership with the Rick Hansen Foundation. The partnership will support a certification program that will provide accessibility ratings of businesses and public buildings by trained professionals, and will help property managers and owners determine ways to remove identified barriers. The investment will allow the Rick Hansen Foundation to undertake ratings of 250 facilities and is expected to start this fall and roll out over the next two years in select communities across Ontario. This program will go a long way to providing meaningful access to buildings and communities that will make the province more inclusive by supporting people with disabilities to participate more fully in their communities as consumers and employees.

Quick Facts

- Organizations that are rated through the program get a confidential scorecard rating and report of key areas of success and improvement for their facility.
- The program has two certification levels: RHF Accessibility Certified and RHF Accessibility Certified Gold.
- Certification can be made public through building labeling. Buildings can also be identified as an accessible facility on the RHFAC Registry hosted by CSA Group.
- Currently, the RHFAC Accessibility Assessor Training Course is offered at George Brown College and Carleton University in Ontario. The program has been successfully implemented by the provincial governments of British Columbia and Nova Scotia.

For further information: <https://news.ontario.ca/oss/en/2019/05/taking-action-to-remove-barriers-for-people-with-disabilities.html>



10 HEALTHY SNACK IDEAS

There are many quick and easy snacks you can prepare. Try these 10 easy snack ideas:

- 01 Hard boiled eggs
- 02 Yogurt with berries
- 03 Handful of almonds
- 04 Veggies and hummus
- 05 Avocado
- 06 Sliced apples with peanut butter
- 07 Cottage cheese
- 08 Cheese and whole-grain crackers
- 09 Peanut butter celery sticks
- 10 No-bake energy bites
See recipe below!



SOURCE: Adapted from the article - The 21 best snack ideas if you have diabetes written by Brianna Elliott, RD on January 14, 2018. Accessed on July 19, 2019 at <https://www.healthline.com/nutrition/best-snacks-for-diabetes>



5-INGREDIENT PEANUT BUTTER ENERGY BITES

Description: No-bake and loaded with old fashioned oats, peanut butter and flax seeds. Packed with protein!

Ingredients

- 2/3 cups Creamy Peanut Butter
- 1/2 cups Semi-Sweet Chocolate Chips
- 1 cup Old Fashioned Oats
- 1/2 cups Ground Flax Seeds
- 2 Tablespoons Honey



Preparation: Combine all ingredients in a medium bowl. Stir to combine. Place in the refrigerator for 15-30 minutes so they are easier to roll.

Roll into 12 bites and store in the fridge for up to 1 week.

SOURCE: Recipe by Kelley Simmons @ Chef Savvy on January 15, 2015 in Appetizers, Snacks Accessed on July 19, 2019 at <https://tastykitchen.com/recipes/appetizers-and-snacks/5-ingredient-peanut-butter-energy-bites/>

BROADENING OUR IMPACT

Bellwoods relies on the generosity of donors and is grateful for their support.

To make a charitable donation, you can:

- Make a secure charitable donation online through Canada Helps at www.canadahelps.org/en/dn/3900
- Contact Communications & Development Associate, Anna Yip at (416) 447-1168 or by e-mail: ayip@bcclsp.org

Please donate!



FUTURE BOARD MEETINGS

If interested, please contact Bellwoods at (416) 696-9663 or e-mail admin@bellwoodscentres.org to confirm the meeting date and location.

- September 23, 2019
- March 30, 2020
- November 25, 2019
- May 25, 2019
- January 27, 2020
- AGM - TBC

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This newsletter is produced by Bellwoods, a not-for-profit, charitable, accredited organization committed to transforming lives through excellence and innovation in Independent Living. Bellwoods has a vibrant 61+ year history of offering client-directed personal support services, transitional living and education programs, outreach services, Housing Hubs and accessible affordable housing.

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