



# BELLWOODS COMMUNITY NEWS

SUMMER EDITION 2023



Top left to right: Jan M., Mary L., Peter & Bruce B., and Natesha B.,  
Bottom left to right: Kevin H., Teresa C., and Jenn A.

## Celebrating Bellwoods

Bellwoods hosted its 2023 Annual Meeting on June 22<sup>nd</sup> at the Shaw St. supportive housing site. Members of the Board, staff, clients and community supporters gathered to review our accomplishments over the past year and to formally celebrate Bellwoods' 65<sup>th</sup> anniversary (1957-2022). We took some time to reflect on the origins of the organization with some inspiring and emotional speeches from **Bruce** and **Peter Brydon** (nephews of Jean Lauder – one of the initial pioneers of Bellwoods); **Jan Mowat** and **Natesha Brudy** (staff); and **Teresa Camilleri** and **Kevin Humphrey** (clients). The event gave all of us an opportunity to reflect on the rich history of our organization and the many people who pioneered, fought, and worked hard to support and grow the independent living movement in Ontario. Today, Bellwoods is proud to continue efforts to support the needs of our clients and expand service offerings to build more capacity in supportive housing and attendant outreach.

The latest news,  
updates and  
announcements

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# ORGANIZATIONAL NEWS

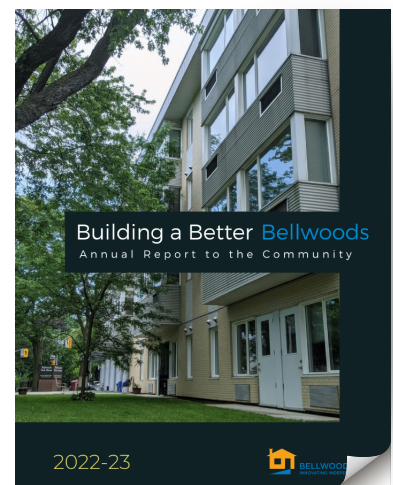
## 65TH ANNIVERSARY



## Annual Report to the Community

Our 2023 Annual Report to the Community – ***Building a Better Bellwoods*** – is now available.

You can find an electronic version of the annual report on our website under the publications tab ([www.bellwoodscentres.org](http://www.bellwoodscentres.org))  
Hard copies are also available by contacting [ayip@bccclsp.org](mailto:ayip@bccclsp.org)



# Feedback from Client & Staff Surveys Used to Inform 2023/24 Operating Plan Priorities

There were some common suggestions made by both clients and staff in recent surveys about particular areas that require improvement within the organization. For example, both clients and staff would like to see better day-to-day communication and greater consistency in schedules to improve stability of service delivery for clients and quality of work-life for staff. This important feedback was considered and discussed with Supervisors and Managers and specific priorities have been reflected in the **2023/24 Operating Plan**.

The priorities in this year's Plan respond to specific areas where clients would like to see improvements. These relate to:

Ensuring stable and consistent high-quality staff.

Improving the scheduling process and communication about service bookings.

Having clear guidelines regarding expectations of staff related to respect and courtesy

Improving day-to-day communications between and among Service Coordinators, Supervisors and PSWs.

Teams are working together to respond to this year's priorities. The work under way provides an opportunity for staff and clients to engage in ongoing dialogue with one another about ways to improve day-to-day communication, adopt new ways of doing things and build a stronger culture of openness and collaboration.

Two of the Board's committees – the Quality & Stakeholder Relations Committee (QSRC) and the Bellwoods' Community Advisory Council (BCAC) – will be tracking the progress on activities in the Operating Plan throughout the year.

Bellwoods strongly encourages clients to bring forward ideas for improvement at the Community Councils and/or through their BCAC representative.

# Staff Announcements

There have been some key staff changes over the past few months.

- Sue Jewell completed her term as Interim Chief Executive Officer (CEO) in June. **Susan Andrew**, Vice President (VP) of Corporate Services and Support is currently serving as interim CEO. Congrats Susan!
- Mark Herron, Acting Chief Financial Officer (CFO), completed his contract in May. As of June 1st, **Sue Mikulicic** has returned as interim CFO and VP of Finance. *Welcome back Sue...we missed you!*
- **Michael Rhodes** has joined the Bellwoods' Team as the new Supervisor for the Dundas supportive housing site.
- **Daina Mitchell** moved from the Dundas supportive housing site and is now Supervisor for the Mimico and Sudbury sites.
- **Abiraa Karalasingam** – one of the Independent Living Facilitators, Abiraa left Bellwoods in early August to work as an Urban Fellows Research Associate at the City of Toronto.

There have also been some changes in the Service Coordinator staff. The new Service Coordinator Team and their on-site schedules are as follows:

## CHERYL MULGRAVE

**Deauville: Tuesday**  
**Walton: Friday**  
**H/O: Monday/Wednesday/Thursday**

**Email: [cmulgrave@bcclsp.org](mailto:cmulgrave@bcclsp.org)**  
**Ph: 416-447-1166**

## BRUNA DOS SANTOS MARTINS

**Madison: Tuesday**  
**Elm: Thursday**  
**H/O: Monday/Wednesday/Friday**

**Email: [bmartins@bcclsp.org](mailto:bmartins@bcclsp.org)**  
**Ph: 416-220-0339**

Welcome to  
Bellwoods  
Bruna!

## ESTHER FERREIRA-YOON

**Dundas: Tuesday/Friday**  
**Shaw: Monday/Wednesday**  
**H/O: Thursday**

**Email: [eyoon@bcclsp.org](mailto:eyoon@bcclsp.org)**  
**Ph: 416-447-1176**

## MARITES YACAT

**Sudbury: Monday/Friday**  
**Mimico: Tuesday/Thursday**  
**H/O: Wednesday**

**Email: [myacat@bcclsp.org](mailto:myacat@bcclsp.org)**  
**Ph: 416-447-1287**

## REMINDERS:

Service Coordinators work onsite on specific days throughout the week. Please drop in and introduce yourself if you get the chance. The Service Coordinators are here to support you. If you have questions about your schedule after hours or on holidays you can call: 416-696-8397 or email: [scheduler@bcclsp.org](mailto:scheduler@bcclsp.org)

The hours are as follows:

### Monday to Friday

**6:00 a.m. to 8:30 a.m. / 4:30 p.m. – 12:00 midnight**

### Saturday to Sunday

**6:00 a.m. to 12:00 midnight**



# NEWS FOR CLIENTS

## City of Toronto Expands Eligibility to Fair Pass Transit Discount Program

**The Fair Pass Transit Discount Program now accepts applications from any low-income Toronto resident aged 20-64 years old. The eligibility criteria and application process have changed.**

The City of Toronto has expanded eligibility for the **Fair Pass Transit Discount Program** offering more affordable transit fares to more low-income Toronto residents. The Program provides a 36% discount on Toronto Transit Commission (TTC) adult single ride fares and a 21% discount on TTC adult monthly passes. The discount is programmed onto a PRESTO card for 12 months and cardholders must load funds to that card to access the discount.

This expansion is the first stage of a three-phase implementation plan. The program makes the transit discount available to low-income residents who were not eligible previously. To apply for Fair Pass visit: <https://www.toronto.ca/community-people/employment-social-support/support-for-people-in-financial-need/assistance-through-ontario-works/transit-discount/> or call 416-338-8888 for more information



## Prevention & Management of COVID

COVID-19 is now considered endemic, which means that the virus still exists, but is more contained. There are no changes to Bellwoods' practices and policies right now. However, Bellwoods continues to monitor developments and reminds everyone that clients and staff should continue to mask during the provision of booked services.

## PREVENTION & MANAGEMENT CON'T

Anyone confirmed as having COVID-19 or are experiencing respiratory symptoms should stay home/isolate until:

1. Symptoms have been improving for at least 24 hours (or 48 hours if you had nausea, vomiting and/or diarrhea);
2. No fever;
3. No new symptoms have developed.

Staff and client screeners are to be completed only when there is a positive COVID test result or if the staff or client are experiencing respiratory symptoms.

Continue practicing diligent hand hygiene, maintain social distancing when not masked and keep a safe distance from others following your isolation period to prevent exposure to your community.

## Bill C-22 passes in the Senate

The new Canada Disability Benefit (CDB) was passed in June 2023 in both the House of Commons and the Senate. The Minister of Employment, Workforce Development and Disability Inclusion has proposed the creation of a federal income supplement for low-income, working-aged people with disabilities. The benefit would top-up incomes so that they reach a set level. It could take up to a year to work out all the details and regulations and roll out the CDB. Disability advocates are encouraging people to connect with their local Member of Parliament (MP) and the Minister of Finance to remind them that people with disabilities cannot afford to wait!

## Upcoming Calendar Highlights



### SEPTEMBER

September is Spinal Cord Injury Awareness & Muscular Dystrophy Awareness Month

- September 4 – Labour Day – *Head Office closed*
- September 15-17 – Rosh Hashanah
- September 18-24 – National Rehabilitation Awareness Week
- September 24-25 – Yom Kippur
- September 30 – National Day for Truth & Reconciliation



### OCTOBER

October is Community Support Month, an opportunity for Bellwoods to celebrate and raise awareness of the value of our services and celebrate our staff!

- October 9 – Thanksgiving Day – *Head Office closed*
- October 10 – World Mental Health Day
- October 31 – Halloween



# Events

## COOKING WORKSHOP

In July, the Transitions Team hosted an in-person cooking class at the Shaw Street site. Summer recipes shared at the event are included here.



### BLACK BEAN AND CORN SALAD



**Prep time**  
10 min



**Cook time**  
0 min



**Servings**  
6

#### Ingredients

##### Salad:

- 1 can (540 mL/19 oz) no salt added black beans, rinsed and drained
- 1 can (540 mL/19 oz) no salt added corn kernels, rinsed and drained
- 2 tomatoes, chopped finely
- 1 red bell pepper, diced
- 60 mL (¼ cup) cilantro, chopped
- 190 mL (¾ cup) cooked chicken, diced

##### Dressing:

- 15 mL (1 tbsp) lime juice (about ½ lime)
- 15 mL (1 tbsp) olive oil
- 2 mL (½ tsp) ground cumin
- 2 mL (½ tsp) garlic powder
- Salt and pepper to taste

#### Directions

1. In a large salad bowl, combine black beans, corn, tomatoes, bell pepper, cilantro and cooked chicken.
2. In a small bowl, whisk dressing ingredients. Drizzle over top of salad and toss to coat.



#### Tip

Letting this salad sit in the dressing allows the beans to soak up the flavours. Make ahead and refrigerate for up to 3 days.

*Recipe from Canada's food guide:*  
<https://food-guide.canada.ca/en/recipes/black-bean-corn-salad/>



### WATERMELON AGUA FRESCA



**Prep time**  
1 hour



**Cook time**  
0 min



**Servings**  
4

#### Ingredients

- 4 cups diced, peeled ripe watermelon
- 3 cups water
- 2 to 3 teaspoons fresh lime juice
- 1 tablespoon sugar

#### Directions

1. Blend together the watermelon with 1½ cups of the water, the lime juice and the sugar at high speed until smooth.
2. Strain through a medium strainer into a large pitcher or bowl. Stir in the remaining water.
3. Refrigerate for 1 hour or longer.
4. Fill a glass with ice, pour in the agua fresca, garnish with a mint sprig (optional), and serve.

*Recipe from Martha Rose Shulman,*  
<https://cooking.nytimes.com/recipes/1012543-watermelon-or-cantaloupe-agua-fresca>



## EMPLOYMENT EDUCATION WORKSHOP BY SCIO



# Looking for work?

**SCIO Employment Services offers help to people with disabilities.**

An employment education workshop hosted by Spinal Cord Injury Ontario (SCIO) was held at our Dundas site in July.

The SCIO Employment Services Program helps job seekers and employers increase opportunities for people with disabilities and offers a comprehensive range of services that enables clients to obtain and maintain competitive employment. The program is funded by Employment Ontario and the Ontario Disability Support Program – Employment Supports.

### ***What can you expect from Employment Services?***

Employment services team members work with individuals to set realistic job goals and provide tools needed to be successful in the job search. During the search, the Employment Counsellor and Job Developer will connect with the individual regularly to review progress.

If you have any questions or want to sign up with Employment Services contact:  
[employmentservices@sciontario.org](mailto:employmentservices@sciontario.org) or call 1-877-422-1112 ext. 245



### **Bellwoods Head Office:**

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Charity Registration #:

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This newsletter is produced by Bellwoods a charitable, not-for-profit organization headquartered in Toronto. Bellwoods provides housing, personal support and reintegration services to individuals with a broad range of disabilities and also provides transition programs and supports for clients transitioning from hospital and/or those at-risk of homelessness.

Electronic copies of this newsletter are available on our website <https://bellwoodscentres.org/about-us/publications/>  
See Publications > Newsletters.

For a printed copy and/or suggestion on content for future topics contact Anna Yip, Communications & Development Associate at 416-447-1168 or at [ayip@bccisp.org](mailto:ayip@bccisp.org)