



BELLWOODS COMMUNITY NEWS

FALL EDITION 2023



Top left to right: Susan A. (Bellwoods (BCCL) Interim CEO), Marlene C. (ONPHA CEO), Blair W. (BCCL Client), Rebecca C. (BCCL Mgr. of Procurement, Facilities & Special Projects), Jenn A. (BCCL Client), and Cindy D. (BCCL Board Member)

Congratulations BCAC!

On Thursday, October 26, 2023, Bellwoods' Community Advisory Council (BCAC) was awarded the 2023 Ontario Non-Profit Housing Association (ONPHA) Tenant Achievement Group Award! The Award celebrates the Community Garden Project that was a client-led initiative launched to improve the quality of life of clients and staff at Bellwoods.

The idea of creating multiple raised accessible vegetable gardens was conceived by Blair Williams. The garden was seen as a way to help build better day-to-day connections within the Bellwoods' community and to also respond to concerns about food security.

The garden attracting attention from those in our community as well as the broader neighbourhood who have offered donations and in-kind support.

The latest news,
updates and
announcements

TABLE OF CONTENTS

Organizational News • 02

News for Clients • 05

Contact Us • 08

ORGANIZATIONAL NEWS



The recognition made us feel like our small efforts matter and that little things can make a huge difference in changing lives and helping move non-profit housing forward. We hope that the recognition of our garden - will encourage stronger involvement and growth in the non-profit supportive housing community

**JENN ACTON,
CLIENT CO-CHAIR OF
BCAC & CLIENT OF
BELLWOODS**



The garden is one of our pandemic success stories. It was a project conceived by clients for clients. It has been remarkable to witness the leadership role clients have taken on to coordinate involvement of the wider neighbourhood in the spring planting kick-off, coordinating a summer watering schedule, soliciting donations, and attracting the involvement of Board and community volunteers.

**MARY LEWIS,
CHAIR OF THE BELLWOODS' BOARD**



I am extremely grateful to ONPHA for recognizing the Community Garden we built during the pandemic. The Garden is helping us cultivate old and new partnerships that are needed to create homes and communities for people living with physical disabilities. In forging these partnerships, we need to remember that supportive housing requires more than providing "basic services and a ceiling and four walls." It requires building meaningful connections within our neighbourhood to help us live well and safely in the community.

**BLAIR WILLIAMS,
TENANT & CLIENT OF BELLWOODS**



**Thank you
ONPHA.**
We are very
grateful for the
recognition.

Community Support Month

In October, Bellwoods celebrated Ontario Community Support Month (CSM). The month gave us the opportunity to celebrate our amazing staff and the work they do to support the independence of clients.

During the month we also held our annual Long Service Staff Awards Ceremony. This year, the following staff were recognized and celebrated:

5 Years Nashauna Bethel Gail Gittens Staciann Kennedy Theresa MacNeil Ayalnesh Melaku Akisha Peters Ajit Prabhu Beverley Stephens Josephine Williams	10 Years Asegedech Asefa Lucia Corbacho Christine Keller Terra Mercer Charles Nwachukwu	15 Years Victoria Casero Paul Dakota Alicia Drzewicki Sacha Heravi Rovelene Medina Regina Quainoo Shawn Reynolds Donnette Salmon Rhoda Senoga Abayomi Sojobi
20 Years Rabbia Khan Avis Patterson	25 Years Gloria M. Daniele Patricia Douglas	30 Years Donovan Sterne
35 Years Adrien Leblond		

Staff Announcements



In Loving Memory of Adrien Leblond

It is with deep sadness that we announced the passing of Bellwoods' dear colleague, **Adrien Leblond** who worked at Bellwoods for 35 years. Adrien was a cherished member of our Bellwoods family and his absence profoundly affects us all. His kindness and strong work ethic served as an inspiration to all who had the privilege of working with him. ***Our thoughts are with his family during this challenging time.***



New Independent Living Facilitator

Eva Chang has joined the Bellwoods' Transition Team as an Independent Living Facilitator (ILF). Eva holds a Bachelor of Health Sciences and a Master of Science in Occupational Therapy from the University of Western Ontario. Eva gained practical experience in a number of settings including working with children and families facing mental disabilities in Trinidad and Tobago as well as supporting orthopedic surgery patients in Ontario hospitals. Eva has also contributed to projects in First Nations communities and helped to create a land-based learning module to integrate nature-based occupational therapy resources into the school curriculum. ***Welcome Eva...we are thrilled that you have joined our team!***

Bellwoods' Client Town Halls

Client Town Halls are pre-scheduled, ad-hoc meetings that are convened and facilitated by clients for clients at the site level. These forums provide an opportunity for clients to raise site or community specific issues, and share ideas for change. Issues arising at these sessions can be shared with the Community Councils that report to BCAC. The meetings can be held in-person or virtual (Zoom).

Purpose of Town Halls:

- Provide an opportunity for clients living at a particular site (or in the community receiving Attendant Outreach Services) to come together and engage in open conversation.
- Intended to share ideas and raise any site-specific issues or queries.
- Help clients feel like they are part of a wider community where everyone's ideas and opinions are welcome.

Client Leads:

Each site has a client lead who has volunteered to arrange meetings, as required.

- Deauville - Teresa C.
- Walton - Jenn A.
- Dundas - Blair W. & Tara G.
- Shaw - Mike I.
- Elm - Evelyn G.
- Madison - Margaret C.
- Attendant Outreach - Martin A. & Kevin H.

Client Leads will be provided with contact information for clients at their site and/or in their region. However, we need to collect “*Consent to Release Information to a Third Party*” forms from all clients. If you have not completed one yet, please connect with your Supervisor as soon as possible. When meetings are held at your site, please consider attending. Share your views and ideas and help build a sense of community and support. If you would like more information on the Client Town Halls, you can reach out to the BCAC Co-Chair, Jenn Acton at jennacton1981@gmail.com

We're still looking for client leads at Mimico & Sudbury! If you are interested, please contact your Supervisor.

Help Shape the Canada Disability Benefit (CDB)

In September 2020, the Federal Government announced that it would create the Canada Disability Benefit (CDB) to supplement the income of people with disabilities. Three years later and there are still no details on the amount of the funding or when the supplement will roll out.

Disability groups have been advocating to raise awareness of this delay. Recently, the organization Disability without Poverty developed a survey and are asking people to complete it to provide feedback to the government. Please take a minute to complete the survey. Your views and perspectives are important and need to be heard! The more surveys completed, the better!

Visit: <https://questionnaire.simplesurvey.com/f/s.aspx?s=81e0e977-70bf-415d-af93-23f9f10301d3> to complete the anonymous questionnaire! If you need help completing the survey, you can email shapecdb@disabilitywithoutpoverty.ca or call 1-833-537-1822 or text 1-833-947-1153.

NEWS FOR CLIENTS

Fight the Flu & COVID-19

Get your updated COVID-19 and annual flu vaccines. Book your appointment today and get both at the same time. The flu vaccination is provided at no cost to you.

DALES PHARMACY @ BELLWOODS:

Bellwoods will be hosting vaccination (flu shot) clinics at our 300 Shaw St. and 1082 Dundas sites. If you are interested, please contact: Zayanna Findlay, Community Integration Worker via email: zfindlay@bccclsp.org and call: 416-970-6773 for more information.

TORONTO RIDE

Toronto Ride (TR) provides door-to-door, assisted transportation to seniors 55+ and adults with physical disabilities. There are no fees for vaccinations.

To book a ride, call 416-481-5250 OR SPRINT Senior Care's direct TR Line at 416-481-6411 EXT. 8223. Please have your contact information ready (client's full name, address, phone #) and preferred time of appointment at the time of the call. Also, notify TR if client requires any mobility aids or if the client will be accompanied by someone.

Please note: TR are only accepting individuals living in the areas with postal codes starting with M.

November is Diabetes Awareness and Falls Prevention Month

DIABETES CANADA CONNECT 2023 - NOVEMBER 14 - 17

Join Diabetes Canada for Diabetes Canada Connect, a free week-long event for the diabetes community that will provide practical and useful information delivered to your inbox starting November 12, 2023. This is an opportunity to connect with thousands of people across the country living with diabetes.

Why attend?

Learning - Get the latest diabetes news from Canada's top experts.

Empowerment - Discover new ways to help improve your self-care.

Connection - Meet others affected by diabetes, along with industry leaders and healthcare professionals.

Register **today** to receive practical daily themed emails including an exciting half-day virtual event on November 18th.

To register visit:

<https://www.diabetescanadaconnect.ca/register>

SCARBOROUGH CENTRE FOR HEALTHY COMMUNITIES (SCHC) HOSTS IN-PERSON DIABETES EDUCATION - MONDAY, NOVEMBER 27, 2023

From 1:30 p.m. to 4:30 p.m.

Diabetes Education Session led by certified diabetes educator nurse, dietitian and social worker at SCHC location: 520 Ellesmere Road, Unit 303.

FREE for adults with type 2 diabetes and prediabetes.

For more information call 416-847-4160

To register call 416-847-4134

BELLWOODS' FALLS PREVENTION FAIR - WEDNESDAY, NOVEMBER 29, 2023

Bellwoods' Transition Team will be hosting a Falls Prevention Fair on Wednesday, November 29, 2023 from 1:00 p.m. to 3:00 p.m. in the Basement Lounge at 300 Shaw Street.

Come join us and learn how you can prevent falls.

Home Medical Equipment (HME) Ltd. will be demonstrating (in-person) safety tips for equipment usage to reduce the risk of falls.

- 1:00 p.m. to 2:30 p.m. – Fun activities and demonstrations
- 2:30 p.m. to 3:00 p.m. – Games, raffle and refreshments

**There's something for
#everyBody!**

Active Living Conference

The Active Living Conference is a one-day event promoting inclusive active living opportunities for all ages and abilities. With exciting speaker presentations, interactive recreation and sports, and valuable community resources.

Location: Variety Village – 3701 Danforth Avenue, Scarborough, Ontario, M1N 2G2

The conference includes:

- Guest Speakers & Awards
- Various Community Exhibitors
- Interactive Sports and Recreation
- Networking Opportunities and Resources
- Innovative Projects and Research
- Certification for Participation

Free parking (first come, first served) + Accessible Parking.

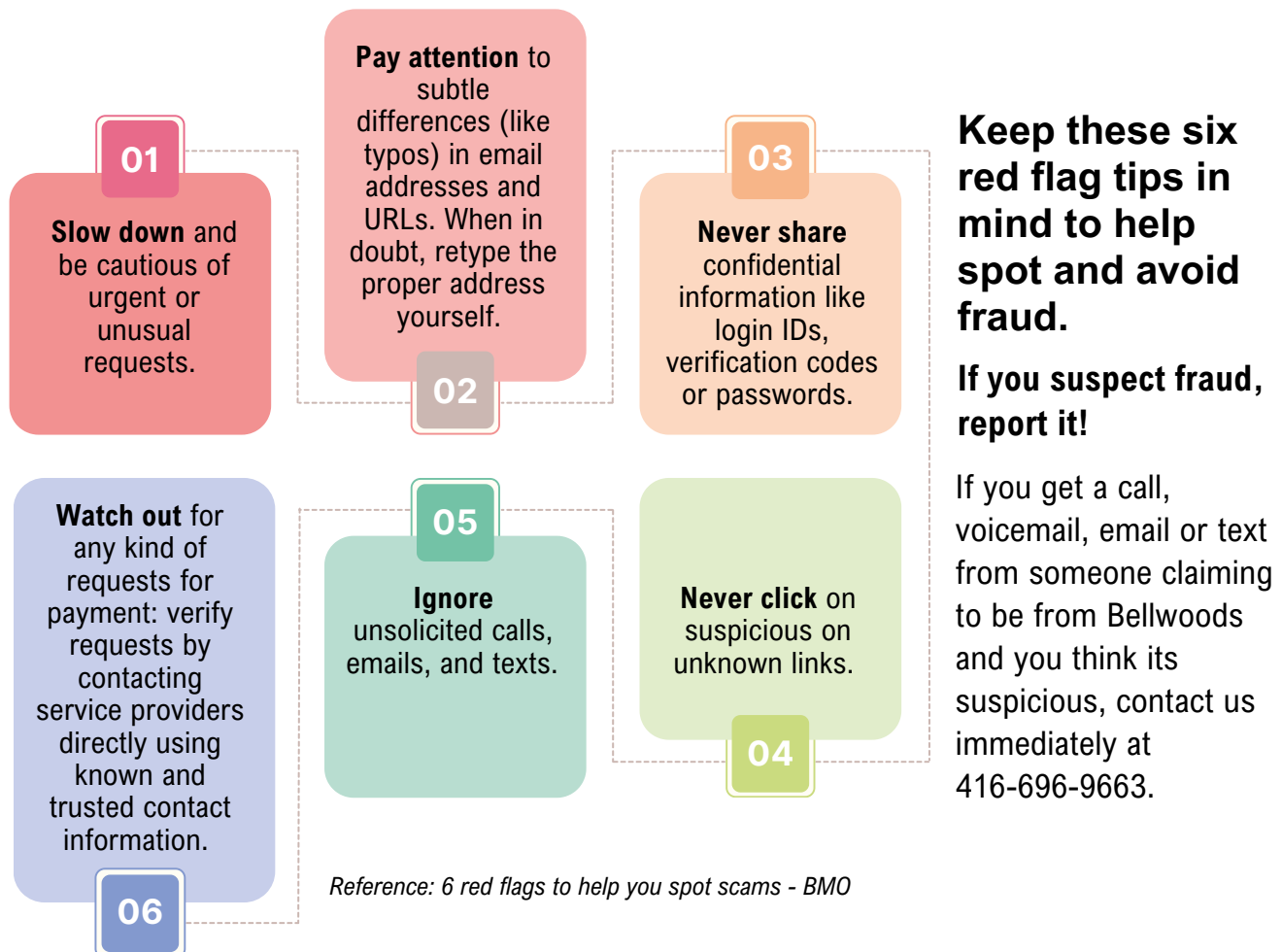
Free WiFi, Service Animal Area, Closed Captioning, Accessible Venue, and ASL Interpreters.

For more information visit: <https://www.varietyyontario.ca/activelivingconference/>
or contact Archie Allison (pronouns: he/him)

Director, Access & Awareness Variety – the Children's Charity (Ontario), Variety Village
Phone #: (416) 699-7167 extension 236 Email: aallison@varietyyontario.ca

Spot Fraud. Stop Fraud!

October was Cyber Security Awareness Month in Canada. This international campaign focuses on the importance of cyber security.



News from Bellwoods' Community Advisory Council (BCAC)

BCAC is an advisory body to the Bellwoods' Board of Directors and offers suggestions on matters affecting client experiences, as well as guidance to help enhance the quality of services delivered by Bellwoods.

Members of BCAC in 2023-2024 include:

- Jenn Acton, Client, BCAC Co-Chair
- Martin Anderson, Client
- Susan Andrew, Staff
- Teresa Camilleri, Client, BCAC Vice Chair
- Tara Gibson, Client (**NEW**)
- Evelyn Greenidge, Client (**NEW**)
- Kevin Humphrey, Client
- Mike Iacovone, Client
- Farrell Hall, BCAC Co-Chair, Board Member
- Pegeen Walsh, Community Member (**NEW**)
- Vito Nocerino, Client (**NEW**)

LOOKING FOR WORK?



SCIO Employment Services offers help to people with disabilities.

SCIO Service Co-ordinators provides:

- A Peer Program
- Advocacy
- Cortree - Online Disability Education, Training & Mediation
- Employment Services

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 or call 1-877-422-1112 ext. 245



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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@bcclsp.org