Making the Best of Physical Distancing

It has certainly been an interesting time at our homes. Currently, CLKD staff and supported individuals remain healthy and safe and so thankful for the creative ideas the Residential Team,
19 situation. There was disappointment about the many activities that were cancelled; no more getting together with family, friends, no going to the gym, no going out to music lessons, no swimming, no more going to work, no volunteer jobs, so many no’s!

Everyone wondered how physical distancing would work and what support would look like under the new restrictions. Tough decisions had to be made by residents about whether to stay home and miss seeing family or move in with family until the pandemic ends. All those who moved in with family miss home, and those who stayed home, miss their families, but the Residential Support Team has been so amazing and has helped residents understand what all of this “COVID-19 stuff” means.

Guides made especially for supported individuals to learn and understand what COVID-19 is and how to stay safe have been shared. Staying busy at home while practicing physical distancing and not keeping our regular schedule has certainly been a challenge, but everyone has had, and will continue to have, a lot of fun!

Individuals have had the opportunity to utilize electronic devices and new applications to stay in touch with their family and friends. Some great examples of this includes Myles and his family reading stories together through the Caribu app, Catherine, Mary-Jane, Karen, Donald, Allan, Alyssa, Susan and Lindsay, enjoying playing virtual Bingo together! The individuals constantly “Face Time with their peeps”, send photos and emails to keep family and friends up to date and to stay connected.

The local pharmacy and grocery store has been delivering needed supplies and the CLKD Support team bring in whatever else is required so individuals can stay home, and stay safe. Neighbours have hosted “Backyard concerts” and some individuals entered the Remax Easter Contest and received a prize for decorating their windows.

The whole pandemic experience has seen its challenges, however, its great to see people rise to these challenges. So, until this is over and it’s safe to go out again, CLKD staff, and individuals we support will continue to do what many people are doing; find fun things at home to do, watch more Netflix, enjoy more physical distancing dance parties, bake up a storm and stay in touch with family and friends via video chats, emails and calls.

We are all in this together.

- Cathy Pennington

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Settling into Spring
Spring is here! Longer days, more sunshine and the promise of hot summer days just around the corner!

It’s hard not to think about all the typical things we’d be doing at CPS on a sunny Spring day. Ladder ball, beach walks, perhaps even picnic lunches in the field at the Davidson Centre - just to name a few.

COVID-19 has certainly upset things for us and the Community Participation Supports (CPS) program. Our regular routines have changed, our ways of reaching out have changed, but as much as things have changed, our adaptability has not waivered.

We’re still here and we’re still keeping in touch the best we can. Phone calls, video chats, pictures, videos, team meetings over zoom and, of course, pictures of our dogs “helping” us work from home.

While we are maintaining our distance, we have been dropping off craft kits and art supplies and “swinging by” to check out window decorations. We’ve also been able to provide some additional support to one of the residential locations, where colouring, painting, crafting, unicorn nails and monster trucks have been a huge hit!

We still make the most of the sunshine with picnics in our own yards, going for walks leaving acceptable social distancing space between us, and playing yard games with the people we live with.

In a time where creativity and flexibility has been required, we think we have successfully met the challenge.

Rest assured, CPS is still here, still active and still smiling!

- The CPS Team

(Virtual) "High 5" Supporters!
In response to COVID-19, Giving Tuesday announced “a Day of Global Action for Giving and Unity” which occurred on May 5th, 2020.

Community Living Kincardine & District took part in this campaign in an effort to recover some of the funds lost from fundraising events cancelled as a result of COVID-19.

CLKD relies on donations and fundraising dollars to continue to offer non-funded services and supports that our community members rely on. These programs and services provide: inclusive opportunities for building social and life skills such as baking, cooking, and public speaking, support individuals living with a developmental disability as they seek employment, provide support to high school students with a developmental disability in pursuing their career path or post secondary opportunity, support to individuals to fully engage and participate in the community, and much, much more.

Thanks to your donations and Matchett Financial Services’ generous donation match, CLKD raised $2,540 towards supporting these important community programs and services.

“High 5” and thank you for your donations and continued support!

Well, it’s been close to two months since Ontario implemented strict physical distancing protocols in an effort to flatten the curve and not overwhelm our health system with cases of COVID-19. We don’t want to be over-optimistic, but it looks like it is working!
Your website to provide you with simple, doable tips that will help you make it through the day, like we said, simple and doable. Articles that not only provide tools and tips, but that also remind you to tackle each day as it comes.

A reminder to breath - really breath - Take one of those deep breaths that give you a moment to catch your thoughts, and decide that in this very moment, I will be “calm”. Practise this millisecond refuge for 5 seconds, then 10 seconds, then 30 seconds and “aahh-llow” yourself to say “everything is as it should be”, “it’s OK”, and “others understand because I am not alone in this”.

Language is powerful. Say positive words. Give positive acknowledgments to yourself and others. You must agree, in spite of our down moments, we’ve got this, and we’re all doing a great job.

Keep watching our website and Facebook page for more bite-sized, “tidbits” of information on how to not just “get through” the day, but do so in a calmer, more relaxed state of mind to protect your mental health. We will be providing digestible bits of information every 1-2 weeks to help you do this. What the heck, if there is a small adjustment to make getting through the day a bit easier, it might be worth a try...there’s nothing to lose!

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Community Living Ontario Photo Montage

Community Living Ontario is inviting you to submit your photo!

Participate in the IN THIS TOGETHER photo montage

The CN Tower will shine bright in blue and green on Friday, May 15, 2020, at dusk, in honour of those who are working hard to keep people who have an intellectual disability and their families safe during these difficult times.

As you know, May should have marked the launch of Community Living Month, a province-wide annual awareness campaign to promote true inclusion and typical lives for people who have an intellectual disability and their families. While this may not be a time for celebration, it is a time to say thank you. It is a time to shine light on the resilience and ingenuity of this sector.

To show your support, send a photo of you holding a creative sign that says “In this together” to communications@communitylivingontario.ca no later than Wednesday, May 13. Community Living Ontario will collect the photos to create a montage that will go live on Friday, May 15th to coincide with the lighting of the CN Tower in Community Living colours.

NOTE: Be creative! We will then share widely encouraging others to do the same – using #InThisTogether or #AgissonsEnsemble. I have shared some (slightly embarrassing) examples to
Community Living Kincardine & District would like to thank the businesses and individuals who have donated PPE, the local businesses who have dropped off essential items, groceries and care packages. Thank you to our essential service workers, health care workers, direct support staff and community members for keeping us safe. We appreciate all you do!

From our Executive Director

To Families, Volunteers and Community Stakeholders

Community Living Kincardine & District (CLKD) is committed to doing everything we can to protect the health and safety of supported individuals, their families, our staff and volunteers during the COVID-19 pandemic. We are taking the necessary precautions to help prevent the spread of the virus and keep the people we support and employees safe and healthy during this uncertain time. We will continue to follow developments through the Grey Bruce Health Unit and other public health authorities.

At this time, we do not have any probable or confirmed cases of COVID-19. We continue to screen our staff daily, and we are monitoring people for symptoms.

Other steps we have implemented to protect supported individuals and our employees are:

· Regular screening of all staff, utilizing Public Health recommendations. Our screening process prohibits all visits to our homes by family and friends at this time, as well as halting all volunteer engagements to keep volunteers, individuals/staff safe. We appreciate the work and efforts by our staff to keep families and volunteers connected during this time.

· Sourcing and providing PPE, while implementing usage in a responsible manner – Thanks to Bruce Power, Chapmans Ice Cream, Kincardine Chamber of Commerce and Grey Bruce Public Health for donations and assistance with securing PPE!
preventative/ongoing preparedness measures.

· Reduction of staff on site through shifted schedules, as well as providing Public Health protocols for safely working from home or in the office environment. Technology provision for staff to ensure regular communications with supported individuals are continuing.

· Providing staff with a number of Self-Care resources including a new Employee Assistance Program, mental health support, and training/webinars to support staff in both personal and professional capacities.

· Continuous engagement in sector-wide initiatives, sharing and learning best practices with other agencies.

We are committed to ensuring life within the homes carries on as close to normal as possible. We credit our staff for keeping groceries and supplies in stock and offering creative programming to our residents. This programming helps to bring meaningful activities into the home and coordinates safe activities outdoors, all while applying the principles of social distancing.

We will continue to monitor the situation closely, and we are fully prepared to act on the advice and direction from Public Health and the Ministry. We commend staff for their partnership in providing essential services during the COVID-19 pandemic. We will get through this together!

Sincerely,

Andy Swan, Executive Director

Upcoming Events & Activities

September is Community Living Month
September, 2020

Please note, due to COVID-19 and current physical distancing protocols, we will be celebrating Community Living Month in September.

Community Living Month is an opportunity to celebrate our commitment to an inclusive and caring community where citizens of all abilities are welcome and valued.

To learn more about CLKD’s services and events, visit our website!

Like CLKD on Facebook  Follow CLKD on Twitter  Watch CLKD on YouTube  Send us an email

If this email has been forwarded to you, please consider subscribing to the Community Living Kincardine and District monthly e-newsletter by signing up here.