

The Heart of Hopewell

Issue No. 10 | October 2021



The Hopewell Children's Home sign in Ariss has become an iconic symbol of strength, compassion and service to members of the surrounding communities.

What's New

A WORD FROM OUR EXECUTIVE DIRECTOR

.....

PROGRAM UPDATES

.....

WELCOME TO NEW STAFF

.....



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Welcome

Welcome to The Heart of Hopewell, a resource keeping Hopewell staff updated with what is happening in and around all our locations. We want to share our triumphs, successes, and important information with you in a fun and accessible way!



""And all at once, summer collapsed into fall." - Oscar Wilde

The Heart of Hopewell will be published quarterly and is your newsletter, so if you have something you want to see or share, let us know! Connect with Louise for updates and submissions at lpoole@hopewellchildrenshomes.ca

A WORD FROM THE EXECUTIVE DIRECTOR

By Maria Zegarac

The Fall season is upon us! This beautiful time of the year is marked by cooler days and nights, the changing of colours and the quietness of mornings as we miss the flurry of our feathered friends. I always look forward to Fall as it gives me permission to start concocting my soups and stews that I so enjoy.



"Autumn is a second Spring when every leaf is a flower."
Albert Camus

Fall signifies change and transformation and brings us renewed energy and a creative spirit. It allows us to reflect, embrace change and to turn our mindset to doing things differently.

Change, as we know, is ever present in our organization. As we are a people organization, one thing that is constant for us is change. How do we continue to deliver the high level of care we are so proud of in an environment that is changing? I would say we're constantly tasked with being more creative and innovative or rather doing things differently and hopefully better. This, by definition, is innovation! This concept means that we take something, renew it or bring it up to date by applying a new process, technique or idea to create new value. **Innovation** just happens to be another one of Hopewell's core values and as an organization, we value and encourage thoughtful, creative and inspirational ideas that contribute to organizational transformation.

Consider bringing your ideas forward to make things better by:

- **Being part of the solution!** This involves not just identifying a problem but also coming up with a solution. In doing so, you are encouraging a movement of 'no judgement' where all ideas are welcome. Listen to your co-workers' ideas with respect and interest. In discussing options, use phrases such as 'Yes, and...' rather than 'Yes, but...'. The former shows more acceptance and respect.
 - **Looking at the pain points** in our service delivery for inspiration. What are things you would like to see done differently? Or do you ever ask yourself why things are done a certain way? Does it make sense?
-

A Word for the Executive Director

- **Taking action.** If you have an idea for doing things better, force yourself to make a suggestion for change...talk to a co-worker, or your manager and see how you can affect change. You'll never know if your idea is possible or feasible if you don't tell someone about it.
- **Being inspired.** Innovation and inspiration often go hand in hand. In thinking about our services, what inspires you? What do we do well and should do more of?

I invite us all to step out of our comfort zone and think of how we can be more innovative in our roles. Let's consider other viewpoints as a way of broadening our own perspective. This mindset helps shape our development and growth and allows us to bring our best to Hopewell and to the individuals we support each and every day.

To help inspire you, I will leave you with this quote from Brene Brown:
"You can choose courage or you can choose comfort, but you cannot have both."

With appreciation,

Maria Zegarac



Thank you to everyone who took part in the first National Day for Truth and Reconciliation. September 30th was intended to remind Canadians about the history of residential schools, honour the victims, and celebrate the survivors.

"We have to recognize and navigate the darkness before we can see the light." Shayla Stonechild

Wilton Home

Wilton Home

Manager: Nicole Reid
nreid@hopewellchildrenshomes.ca

Program Coordinator: Kelly Burns
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By Kelly Burns

The ladies at Wilton have been enjoying every last moment of the lovely summer weather by exploring many accessible parks in the area, having picnics at the beach and going for walks around the community. Some of the most memorable activities include going canoeing on the Speed River and mini golfing in St. Jacobs. The ladies have had the chance to see a variety of animals and insects at Waterloo Park, the Brantford Zoo and the Butterfly Conservatory! We had a very exciting birthday party featuring tons of balloons, cake and smiles!



The women of Wilton Home enjoy taking part in community outings.

The Wilton women have been spending a lot of time reaching their exercise goals as well! The residents have been swimming at the West End Recreation Centre every week and spending time at the Marden Indoor track as well.

As the seasons change, the residents are ready for fall. They took a trip to a sunflower farm where they met many animals such as sheep and chicks. The ladies each received a pumpkin which they are looking forward to carving! The ladies have loved having the chance to be back out in the community. They have spent time at the library, shopping and events such as the Jazz Festival. Each resident has enjoyed spending lots of much needed time with their families in the past few months. We are looking forward to Thanksgiving and Halloween festivities with family and friends!



Enjoying a day at the beach, the Marden Track and the Butterfly Conservatory in Cambridge.

PlaySense

Manager: Kathleen Bernier
kbernier@hopewellchildrenshomes.ca

Program Coordinator: Jackie Sproul
jsproul@hopewellchildrenshomes.ca

By Jackie Sproul

We are happy to announce that the PlaySense Day Program has successfully been open since May 2021. We had an eventful summer, with many day trips to local parks and trails, visiting zoos and farms, and hanging out at Playsense!

Our clients have enjoyed the following while attending PlaySense this September: yoga, dance parties, DIY scents and skin care items, planting a garden, an assortment of crafts and puzzles, interacting with our new smart board, relaxing in the Snoozlin room, swimming at local pools, going hiking at conservation areas, volunteering at a charity golf tournament and so much more.



Staff and clients took part in the 2021 RHP AJDL Charity Golf Tournament at Cutten Fields.

As we move into the Fall our clients can support local businesses and enjoy pumpkin patches, sunflower fields, apple orchards, corn mazes, and haunted houses all within 1 hr from Guelph!



We've decorated Playsense to exhibit all that is fall and spooky season. We are looking forward to celebrating a mini thanksgiving in which our clients will be the chefs cooking a turkey lunch!



We cannot wait for our Halloween party where both clients and staff alike will be dressed up, participating in fun activities and perhaps even transform PlaySense into a Haunted house. Keep your eyes peeled on the next newsletter for pictures of these fun times.

As the world continues to change around us, PlaySense can always be counted on by families and community partners alike for continuing to run great programs for all individuals we support.

Elmira Home

Manager: Jillian McArthur
jmcArthur@hopewellchildrenshomes.ca

Program Coordinator: Emily Shoemaker
eshoemaker@hopewellchildrenshomes.ca

By Emily Shoemaker

Elmira Rd is ready for Halloween! We have decorated and the home is starting to look very spooky! For Halloween this year all our residents' are very excited to dress up and hand out candy. We are so excited to show all the other homes our spooky spirit.



We enjoyed a beautiful fall day at the pumpkin patch.

Elmira Rd also has some awesome outings planned for this month including the pumpkin patch, Mapleton Farms, the movies and indoor swimming. We are so excited to share all of our Halloween fun with everyone- please feel free to stop by for some candy on Halloween and show us your costumes.

Steph House

Manager: Nicole Reid
nreid@hopewellchildrenshomes.ca

Program Coordinator: Kelsae Williams
kwilliams@hopewellchildrenshomes.ca

By Kelsae Williams

The past few months have brought with them lots of change and new adventures for the residents of the newest version of "Stephanie Home." Three gentlemen from two different programs have made Stephanie Home their new place of residence and the transition is going very well!

The new house-mates have been getting to know each other by playing games together, watching films, and going on some fantastic trail walks. They have begun to enjoy the fall weather; they've visited Snyder's farm, and have taken part in some local fall activities.

While sometimes change can cause anxiety, the gentlemen at Stephanie Home (along with the incredible support of their staff team) have settled in and made things their own.

The future is bright for the gentlemen of Stephanie Home!

Hope Home

By Heather Hughes

As the restrictions began to change for the residents at Hopewell, a focus for Hope Home was to provide opportunities to resume meaningful activities in the community.

This summer we had trips to the zoo as well as the Royal Ontario Museum...



Re-established friendships with those at other Hope Home units...



and watched a live feed of our Clinical Nurse Coordinator Brooke's wedding.



The last few months have been filled with birthday celebrations.



A resident signs Happy Birthday to her friend during a piano lesson.

In September, as many people know, Hope Home experienced a respiratory outbreak. We are happy to say that all residents and staff have now recovered.



Our youngest resident doing his part to stay safe.

RHP AJDL Charity Golf Tournament

Hopewell Children's Homes was selected as the recipient of this year's Reid's Heritage Properties and AJDL Development Group's Golf Tournament fundraising event. Together, these groups strive to make a difference within our communities. This year's tournament took place September 20th at the Cutten Club in Guelph. Our staff, residents, and Board members had the opportunity to take part as volunteers.



This was a wonderful opportunity to increase the awareness of Hopewell Children's Homes' impact on our community. Golfers had the opportunity to meet many of the individuals we support.



One hundred and fourteen golfers descended on the green to support Hopewell.



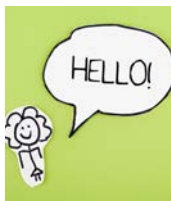
Funds were also raised through a silent auction.

We would like to take this opportunity to thank Reid's Heritage Properties, AJDL Development Group, the Cutten Club and Hopewell's volunteers for making the day a great success.

Welcome New Staff

Welcome

- David Dewitt
- Jessica Locher
- Chris Horne
- Cayden Genik
- Robyn Orobono - Nurse at Hope Home
- Jackeline Bulnes Behaviour Support Worker
- Karina Halcro Overnight Awake Support Worker
- Idara Agwu Behaviour Support Worker
- Noelle Niklaus Overnight Awake Support Worker
- Enya Werbner Nurse
- Jena Hoffman Nurse
- Sarah Kimber Behaviour Support Worker
- Amanda Wease Nurse
- Amanda Harton Behaviour Support Worker
- Ireti Adu Overnight Awake
- Megan Klein Behaviour Support Worker
- Elizabeth Dewar Behaviour Support Worker
- Tegan McManus Behaviour Support Worker
- Lucas Betts Behaviour Support Worker

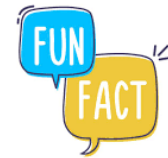


Meet, Amanda Harton
Behaviour Support Worker

During her spare time Amanda enjoys long walks. **The last book Amanda read** was *Home Body* by Rupi Kaur and she enjoyed the **television series** Manifest. **The best piece of advice** Amanda has received is "Don't take things too seriously." If Amanda could have **any superpower** she would be teleporting instead of commuting.



Meet, Amanda Wease
Night Shift Nurse at Hope Home

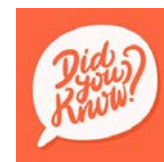


Amanda is an avid reader and loves audiobooks. **Amanda's favourite author** is Louise Penny and the **last book she finished** was *Project Hail Mary* by Andy Weir. Amanda is **currently reading** the *Seven Sisters* series by Lucinda Riley. She loves spending time with her son, daughter, and husband, especially going for walks and playing games. **The best advice Amanda has received** is to make the best decision I can with the information I have at the time. It helps with analysis paralysis or when I am tempted to overthink an issue.

"I'm excited about continuing my nursing career here at Hopewell, and I'm so grateful for the warm welcome I've been given by the staff and residents."



Meet, Idara Agwu
Behaviour Support Worker



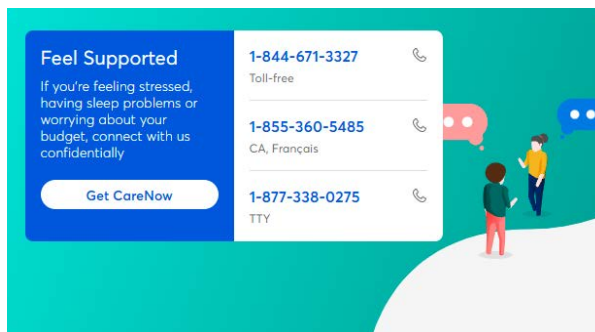
Idara enjoys watching television or reading in her spare time. **The last television series Idara watched** was The Blacklist. **The last book Idara read** was a mystery-thriller *The Wife Upstairs* by Rachel Hawkins. **The best piece of advice Idara has received is** work hard and stay humble. **Preferred superpower:** super-human strength of course!

Employee Perks



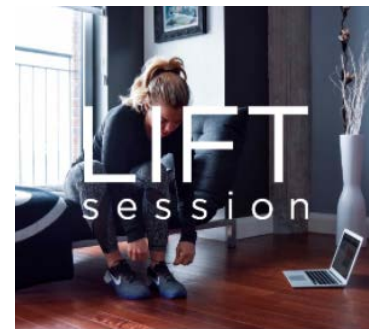
As restrictions relax, you may find yourself facing unexpected changes. Your daily life may not exactly resemble what it was prior to lockdowns and physical distancing. It is okay to experience anxieties about the virus or beginning to socialize again. Luckily LifeWorks has a library of articles to help as we navigate our new "normal."

Hopewell staff have been provided unlimited access to LifeWorks, a Total Wellbeing Solution designed to help you improve your mental and physical health. If you have not received access to your account please reach out to L. Poole at lpoule@hopewellchildrenshomes.ca for access.



What LifeWorks offers:

- 24/7 counselling and online wellbeing resources.
- Wellness tools and personalized recommendations, such as assessments, digital clinical programs, and challenges to help you reach your health and fitness goals and keep you on track.
- A social newsfeed to boost your organization's culture and celebrate one another's great work!
- Perks to help you save money on daily essentials and key life events.
- 24/7 access to trusted, expert-led online audio, video, and article content on a variety of vital topics. Simply click the "Life" tab to visit the Support & Resources page if you're on a desktop, or the "Life" icon at the bottom of the screen in the mobile app.



LIFT Session Fitness
Reach your fitness goals



Elevate stress while reaching your fitness goals with OnDemand LIFT sessions.

Standing Ovations

Standing Ovations are an amazing way to recognize the hard-working staff that go above and beyond everyday at Hopewell.

Give a round of applause to the nominees for the months of July, August and September...

Kandice Viven
Diana Rubio
Kyra Bruce
Barry DeKock
Stacey Pitts
Kelly Burns
Kennedy Shaye-Sweitzer
Sam Todd
Connie Hammer
Nicole Reid
Heather Hughes
Elizabeth Coulas
Megan Wayne
Brooke Richards
Sarah Bruno
Jocelyn Eckhart
Megan Cushine
Siobhan Wakeham
Jackie Sproul
Avery Moxey
Michelle Hayward

JULY

The Standing Ovation winner for July was
Megan Cushine!

August

Shamin Kasozi	Ariel Hahn-Sifried
Luke Burjoski (twice)	Brooke Adsett (twice)
Kaila Culham	Kat Bernier (twice)
Michelle Hayward (twice)	Julie Vail (twice)
Jackie Sproul	Jaime Edge
Avery Moxey (twice)	Kelly Burns
Chassidy Hobson	Ethan Doucette
Emily Shoemaker (twice)	Mitchell Mensour
Sarah Bruno	Naomi Murphy
Danielle russeer	Mirna Riviera
Sarah Duncan	Siobhan Wakeman
Emily Nuguen	Grace Eldred
Ashanthi Joshua (twice)	Lesley Zeidler
Kourtney Mitchell	Marilyn Shants
Elizabeth Hepditch	Angela Lee
Heather Hughes (twice)	
Louise Poole	

August's winner was **Heather Hughes!**

David DeWitt
Jillian mcArthur
Angela Tarrant-Kennedy
Chelsea Pieper
Emily Shoemaker
Chassidy Hobson
Grace Edlred
Kathleen Bernier

september

Congratulations **Grace Eldred** on being September's winner!

We are Hiring

Our staffing team is the key to the wonderful care provided at Hopewell. We endeavor to provide a workplace that is caring, responsive, encouraging, supportive, and open. Our culture is one of respect, appreciation and diversity.

Our current availabilities are:

Nurses: Full-Time/Part-Time/Casual

Behaviour Support Worker Full-Time/Part-Time/Casual

Overnight Awake: Full-Time Permanent

Fund Development Manager - Full Time Permanent



For more information contact our HR Assistant lzeidler@hopewellchildrenshomes.ca or visit our website at www.hopewellchildrenshomes.ca



TOGETHER WE ARE HOPEWELL

**You might be
the one we are
looking for!**

We have a volunteer opportunity for a staff member who is passionate about photography.

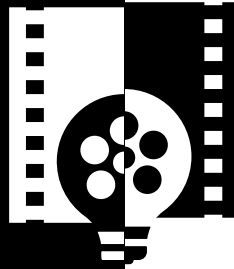
Your photos will be part of Hopewell's refreshed website and will showcase your talent.

(Honourarium will be provided to the successful volunteer)

If interested, please connect with
Maria Zegarac at
mzegarac@hopewellchildrenshomes.ca



HAVE A PASSION FOR VIDEOGRAPHY?



We have volunteer opportunities for staff to assist with
creating orientation and training videos.

Let's get creative!

If interested, please connect with
Jaime Edge at
jedge@hopewellchildrenshomes.ca



Thank you!

Staff Appreciation Day

Hopewell Children's Homes celebrated our frontline workers with an employee appreciation day on October 8th. The day was filled with games, contests, food and fun.



Each program had the opportunity to design and decorate a pumpkin throughout the day. The results were fantastic. The winning program will receive a pizza lunch. The winner of the 2021 Pumpkin Carving contest and a pizza lunch is...

HOPE HOME NORTH! and second place goes to...
PlaySense!



The Employee Appreciation grand prize of one vacation day goes to **Jennifer Leise. Elizabeth Coulas** is the recipient of the Visa gift card, and **Arielle Buium** has been awarded the Amazon gift card. Congratulations everyone!

Thank you to everyone who came out and made the day special. If you did not have the opportunity to attend, please contact Louise at lpoule@hopewellchildrenshomes.ca to receive your employee gift.

We would like to take this opportunity to thank all of our staff for their tireless efforts in supporting the residents of Hopewell. The individualized care and dedication that our staff provide to our residents helps them to achieve their best lives! Our Mission and Vision could not be achieved without you all!"

Meet the Hope Home Leadership Team

In each issue we will highlight the staff at one home. This month feature's Hope Home's leadership team.



Name: Heather Hughes
Job Title: Residential Manager
Cell: 226-820-1220 **Office:** 519-836-9641 ext. 240
Email: hhughes@hopewellchildrenshomes.ca
Fun Fact About Me: I am taking Spanish classes to learn how to speak the language.



Name: Ariel Hahn-Seifried RPN
Job Title: Clinical Nurse manager
Cell: 226-820-6689 **Office:** 519-836-9641 ext. 228
Email: ahahn@hopewellchildrenshomes.ca
Fun Fact About Me: I was not named after the Little Mermaid as many assume, I was actually named after a Cuban gentleman my parents became close with.



Name: Sarah Wallace
Job Title: Residential Coordinator
Cell: 226-820-6271 **Office:** 519-836-9641 ext. 232
Email: swallace@hopewellchildrenshomes.ca
Fun Fact: I coach and compete doing CrossFit



Name: Brooke Adsett
Job Title: Clinical Nurse Coordinator
Cell: (226) 820 – 5699 **Office:** (519)836-9641 Ext. 231
Email: badsett@hopewellchildrenshomes.ca
Fun Fact: I am an identical twin, and my twin sister is also a nurse!



Name: Shelley Stumpf
Job title: Residential Coordinator
Office: 519-836-9641 ex.t 235
Email: sstumpf@hopewellchildrenshomes.ca
Fun Fact: I love to watch home renovation shows and then renovate my home to look like what I see.

Mental Health Awareness

My Mental Health: Do I Need Help?

First, determine how much your symptoms interfere with your daily life.



Do I have mild symptoms that have lasted for less than 2 weeks?

- Feeling a little down
- Feeling down, but still able to do job, schoolwork, or housework
- Some trouble sleeping
- Feeling down, but still able to take care of yourself or take care of others



If so, here are some self-care activities that can help:

- Exercising (e.g., aerobics, yoga)
- Engaging in social contact (virtual or in person)
- Getting adequate sleep on a regular schedule
- Eating healthy
- Talking to a trusted friend or family member
- Practicing meditation, relaxation, and mindfulness

If the symptoms above do not improve or seem to be worsening despite self-care efforts, talk to your health care provider.



Do I have severe symptoms that have lasted 2 weeks or more?

- Difficulty sleeping
- Appetite changes that result in unwanted weight changes
- Struggling to get out of bed in the morning because of mood
- Difficulty concentrating
- Loss of interest in things you usually find enjoyable
- Unable to perform usual daily functions and responsibilities
- Thoughts of death or self-harm



Seek professional help:

- Psychotherapy (talk therapy)—virtual or in person; individual, group, or family
- Medications
- Brain stimulation therapies



Compass Community Services

is providing free, same day, mental health support to Front Line Workers.

If you need assistance call 519-824-2431 Ext 12.

Same day appointments are available on Monday's, Wednesday's and Thursday's. Counselors are well versed in supporting front line workers during COVID.

Behaviour Basics

Learn the Art of Offering Controlled Choices

WHY is it important to offer our Residents the power to make choices?

Choices allow our Residents to partake in the **decision-making process**

Opportunities to make choices **increases engagement** and thus decreases challenging behaviour

Choice Types:

This OR That?  How many?  What colour?  When to do it?  How to do it?  Who will help?  Which/what one to do first? 

The KEY is to offer a limited menu of choices, all of which are enforceable

Offering a choice **PREVENTS** negotiations and will help avoid **POWER STRUGGLES**

AVOID

- giving choices that are not available
- giving an empty threat that **CANNOT** be enforced

What does this sound like?

Do you want John or Jane to help you? 

Do you want this red or blue shirt today? 

Do you want 10 or 12 chicken wings for dinner? 

Would you like an apple or pear for snack? 

Do you want to help clean the sink or the toilet first? 

Would you like to go out the front or side door? 

Do you want your shower at 10am or 3pm? 

Got questions? - Contact your Behaviour team!!

Angela Lee M.S., BCBA - Senior Behaviour Therapist
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Email: alee@hopewelldchildrenshomes.ca

Divneet Kaur - Behaviour Therapist
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