

COMMUNITY CONNECTION

Linking Hands Dundas County Newsletter—Volume 8

Summer 2017

Steering Committee charts direction for next two years

Linking Hands' Steering Committee is finalizing its two-year strategic plan.

The plan, which is fluid, sets a guideline for what the organizers hope to see happen in the next 24 months, which includes a forum every 1 to 1.5 years in addition to the new annual EXPO event in March.

The Linking Hands Steering Committee includes representatives from Canadian Mental Health Association, Community Food Share,

Community Living Dundas County, Glengarry Inter-agency Group, Happy Face Nursery School, House of Lazarus, Naomi's Family Re-

source Centre, Ontario Works City of Cornwall, SDG County Library, SDG Legal Clinic, and Upper Canada Health Link.

The initiative's overall general goals include: advocating for the needs of rural people living in poverty to all three levels of government; identi-

fying gaps that affect the rural poor and starting projects that reduce poverty in our communities; informing the community about available services; linking people living in poverty with each other and their community; and, providing opportunities for people in poverty to come together for mutual support.

Specific goals include: get transportation project(s) underway; get housing project(s) underway; track statistics—volunteers, people attending events; infographics—show what poverty looks like in Dundas County; increase use of GFB; and, advocacy—develop relevant campaigns.

Linking Hands Vision:
Act as a voice for people living in poverty in our community by raising awareness, networking, empowering, and supporting.

Anything but basic:

Linking Hands forum tackles a tough topic



Melanie Willard, Rob Rainer, John Stapleton, Richard Shillington

Linking Hands welcomed more than 30 people representing a diverse range of agencies from across the United Counties of SDG and Prescott-Russell for its Friday, June 9 Basic Income Forum, held at the Joel Steele Community Centre in Winchester.

The day began with an inspirational talk about resilience by author Melanie Willard. She was followed by Rob Rainer and John Stapleton, who presented different viewpoints on Basic Income. Following lunch, which was prepared by Leatherworks, Rainer and Stapleton were joined by Richard Shillington for a large open group discussion session about Basic Income. The attendees were able to ask questions and share their viewpoints.



Upper Canada Health Link

The Upper Canada Health Link (UCHL) helps coordinate local healthcare and community service providers to work together to find new ways to do things for complex patients. The UCHL works with the patient to coordinate their care, reduce duplication of services, and ensure the patient is receiving the right care, in the right place, at the right time.

The Upper Canada Health Link includes North and South Dundas, as well as South Ottawa, including Osgoode, Metcalfe, Russell, and Embrun.

Making a difference

In Ontario, five per cent of the population accounts for two-thirds of health care costs. These are most often clients with multiple, complex conditions. The UCHL, led by the Winchester District Memorial Hospital (WDMH), has been helping the most vulnerable clients in our region for the past 18 months and the benefits are clear. The result is better, more coordinated care.

“Care coordinators design a care plan for each UCHL client and work together with clients, their families and their care teams to ensure they receive the care they need. Everyone is on the same page and working together,” explains Laurie Hogan, program administrator. “We see clients every day who need some extra help and we see the benefits of wrapping care around them.”

To date, more than 165 referrals have been made to the UCHL and 111 clients now have Coordinated Care Plans. The UCHL has also completed at least 17 care conferences, bringing the client together with their circle of care, including family members, doctors and community organizations. The average client is 73 years of age and may take up to 29 different medications each day.

“My patients benefit from hearing one voice from the various providers in their circle of care. They tell me they don’t feel lost in the shuffle and they feel in control of their own care,” explains family physician Dr. Marilyn Crabtree.

For more information, contact:

Laurie Hogan, program administrator
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Our Patients

The UCHL supports complex patients who have multiple co-morbidities. These patients are often treated by multiple health care providers and have frequent visits to the emergency department or a long length of stay when admitted to the hospital. The UCHL work with patients who:

- ⇒ Have at least four chronic conditions
- ⇒ Are vulnerable (for example: low income, low health literacy, transportation concerns, no known caregiver, social isolation)

Referrals to the UCHL can come from:

- ⇒ Patients themselves
- ⇒ Families/Caregivers
- ⇒ Health care providers (for example: family physician, community nurses, specialists)
- ⇒ Hospitals
- ⇒ Anyone who is concerned about an individual in the community with complex needs

Coordinated Care Plans

Each health link patient will receive a personalized care plan called the Coordinated Care Plan (CPP). The CPP is a comprehensive document that contains the patient’s full history, which saves the patient from having to retell their story at all their appointments and hospital visits.

The CCP includes:

- ⇒ Patient goals
- ⇒ Care Team
- ⇒ Medical History
- ⇒ Current medication list
- ⇒ Plan to achieve goals of care

More than 300 brave blizzard to attend Linking Hands EXPO!

Despite a winter blizzard that forced many to stay home and off the roads, the first Linking Hands EXPO saw more than 300 people visit the Maple Ridge Centre.

The Wednesday, March 15 event offered free admission to everyone, as the purpose of the EXPO was to bring Dundas County residents face-to-face with the agencies and organizations that provide the services and resources they want or need.

With 28 exhibitors signed on to participate in the massive information session, only 14 were able to attend, but these 14 provided information, answers, and support to those who dropped by their tables.

In addition to agency exhibits, the event included Maple Ridge's annual March Madness Family Fun Day, complete with Tribeck Inflatables, Vanderlaand the Barnyard

Zoo, a Glow Room, face painting, balloons, cotton candy, Chase from *Paw Patrol*, and more. For \$5, each child could participate in as many activities as they wanted for as long as they wished.

"Considering the massive blizzard and the inability of many to make it out that day, we are quite happy with the results," LH coordinator Sandy Casselman said. "We had 153 adults and 166 children attend the March Break event despite the weather."

Join us next March for the Linking Hands EXPO 2018!

Until then, all seniors are reminded to mark their calendars for the 50+ Wellness Day at Matilda Hall in Dixon's Corners on Thursday, October 12, 2017. Visit J.W. MacIntosh Seniors' Support Centre (www.wnphc.ca) for more information.



Emily Morris & Olivia Sypes

*Linking Hands Guiding Principle:
Resilient and sustainable rural communities improve the quality of life for everyone.*

Strategic plans falling into place

During the recent strategic planning session, Linking Hands' Steering Committee voted to make a change to one of the working groups.

Linking Hands' last working group to become active was the Economic Development Working Group. The committee has since changed the name to the Financial Health Working Group, thus rerouting its focus and direction.

This new group will focus on a variety of things, including, but not limited to: financial literacy training and support;

education and training around essential skills; advocacy work; and more.

The Basic Income Forum, held June 9, will see the kick off to our new working group with our first meeting to be held in the fall of 2017.

The remaining six working groups include Community Connectivity, Healthy Living, Housing, Lunch and Learn, Seniors, and Transportation.

Community Connectivity's main focus continues to be bringing community together in various ways. This group's big project this year is the

Well-

**Looking to join one of Linking Hands' seven working groups?
Contact:
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come Dundas project, which is expected to soft launch in the fall. The 2017 Good Neighbour Award nominations will also be held this fall.

Healthy Living will continue to support the Green Food Bag, but will also work to support and promote community programs and services around physical activity and mental health.

The Housing group is expected to define its projects this summer, while Transportation will look into options by late fall/early winter.

Lunch and Learn will continue to provide amazing events monthly, except for summer, and our seniors group will continue with Tea and Talk.



Pat Marks & Frannie Richardson

Lunch & Learn

Our May Lunch & Learn program welcomed Grade 7/8 students from North Dundas, who assisted participants in transplanting various herbs and veggies during a special gardening morning at The House of Lazarus.



Lietta Tousaw

June's Lunch & Learn is set for the 19th and will kick off summer with fun, games, and a picnic. Please note that for 2017 Lunch & Learn is on hiatus for July and August. It will be back in September when WDMH's Kim Pateron will join us at South Dundas' Anglican Church! Be sure to join us!

JUNE	JULY	AUGUST
Community Connectivity Theme: Be Active <ul style="list-style-type: none"> June 9—Basic Income Forum June 14—SD GFB June 19—Lunch & Learn June 21—HOL AGM June 27—Tea & Talk June 30—ND GFB 	Community Connectivity Theme: Experience <ul style="list-style-type: none"> July 12—SD GFB July 28—ND GFB 	Community Connectivity Theme: Participate <ul style="list-style-type: none"> August 9—SD GFB August 25—ND GFB

Check our website (www.linkinghandsdundas.ca) or follow us on Facebook to find out when and what we will be doing for Tea & Talk in July and August!

Money for nothing?

Most discussions on Basic Income involve those who think it's a great idea and those who don't. One of the big arguments, aside from "where will the money come from," is that money shouldn't be given to people as a "reward" for doing nothing, as this could encourage laziness. I don't agree.

"A host of positive psychological changes inevitably will result from widespread economic security. The dignity of the individual will flourish when the decisions concerning his life are in his own hands, when he has the assurance that his income is stable and certain, and when he knows that he has the means to seek self-improvement." - Martin Luther King Jr.

Like Martin Luther King Jr., I believe that the majority of people will naturally turn toward self-improvement (and, possibly, world-improvement) when they no longer have to worry about surviving. Survival thoughts are all-consuming; they leave no space for "tomorrow".

Post-secondary education and training cost money and, in some cases, connections. Resumes require access to computers/printers. Interviews require clean "professional" clothing. Going to the gym, getting needed therapy, going to the dentist, buying prescriptions... these all require money. A person focused on juggling to pay rent and utilities with buying food for their family, is not a person who has the money to propel themselves forward on the socio-economic ladder, let alone time to think about these self-improvement ideas. This, of course, isn't one-size fits all. Sometimes people who are poor get a much-needed break or find themselves in a situation to make a beneficial connection, but this is not the norm.

I believe most people want to make a positive difference in the world. If their basic needs are met, they will then have the luxury of focusing on what they can do for their community and for the world.

- S. Casselman, Linking Hands coordinator

THOUGHTS FROM 1967

"I am now convinced that the simplest solution to poverty is to abolish it directly by a now widely discussed measure: the guaranteed income." -Martin Luther King Jr.

Contact Us



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linkinghandsdundas.ca



Need a ride?

Are you a senior?

Do you need transportation to attend one of our free monthly *Lunch and Learn* or *Tea and Talk* events?



THE UNITED CHURCH OF CANADA
FOUNDATION

Thanks to a United Church of Canada Foundation grant, Seeds of Hope, we are able to provide free transportation to and from these events for seniors.

613-989-3830