

"We make a living by what we get, but we make a life by what we give."

Winston Churchill

SHARING THE VISION

Tri-County Mennonite Homes Monthly Newsletter

November/December 2016

A Christmas Message

To: TCMH Residents, Clients, Staff and Your Families

Every Christmas, many of us enjoy watching the movie, "It's a Wonderful Life". The film stars James Stewart as George Bailey, a man whose imminent suicide on Christmas Eve brings about the intervention of his guardian angel, Clarence Odbody. Clarence shows George all the lives he has touched and the contributions he has made to his community."

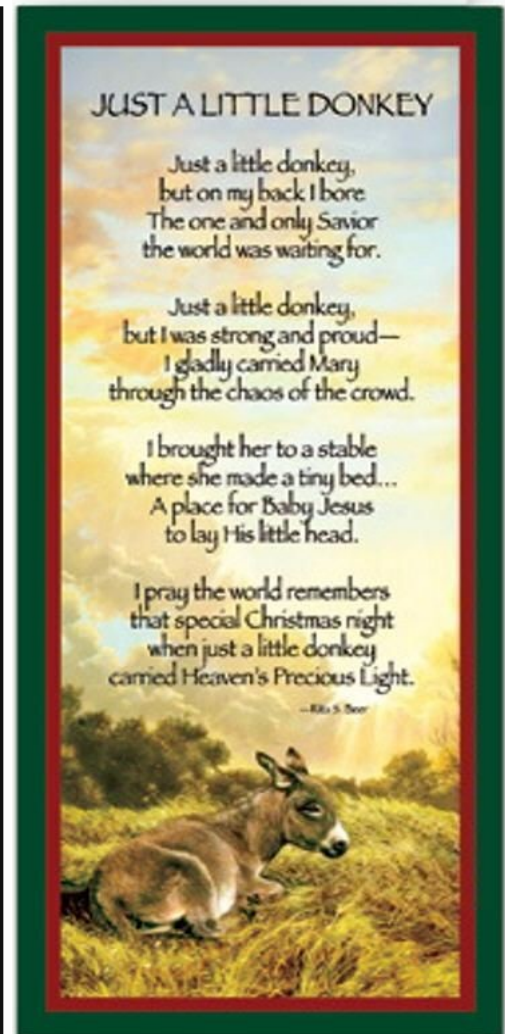
Did you ever stop to think about the lives that you touch? The difference that you are making day-by-day and year-by-year in the lives of others?

Let this Christmas remind us that the moments of our lives may appear and feel ordinary to ourselves and to some others; but when seen in the light of other events, we realize the miracle of those moments.

This Christmas, let's continue to make a difference. Reach out to someone in need. Look for opportunities to help others and use your time and resources well.

Last but not least, for all who celebrate Christmas, remember the real meaning and keep Christ in Christmas.

May you and yours be blessed!
Warmly, Steve



In This Issue

- 1) Employee Health and Wellness (pg. 2)
- 2) Health Care for Seniors (pg. 2)
- 3) The Landscape for Developmental Services (pg. 3)
- 4) The Rabbi's Gift (pg. 4)

In the Next Issue

- 1) "Our People Are Our Most Important Asset"
- 2) Responses to the Resident Satisfaction Survey
- 3) Responses to the Employee Engagement Survey
- 4) What's New in 2017?

Contact Us

Do you want more information about something in this newsletter? Do you have a suggestion for a future topic?

Please send your suggestions, ideas, comments, opinions, questions or complaints to stevlichty@tcmhomes.com.

The Landscape for Seniors' Care in Ontario

Did you know that:

- Ontario needs 24,962 additional long term care beds by 2026. However, the Ministry of Health and Long Term Care has indicated that no new bed licenses will be issued in the near term.
- The 75-plus and 85-plus age cohorts are anticipated to be the fastest growing age groups over the next 20 years. Between the years 2006 and 2016, the 75-plus and 85-plus age group is expected to grow by approximately 42% and 23% between 2016 and 2026.
- According to Stats Canada, the anticipated future life expectancy in Ontario is expected to increase gradually, from current levels, to 81.9 years for men and 85.9 years for women by 2031.
- The growth in the 65+ cohort will accelerate over the next two decades as baby boomers begin turning 65. By 2031, all baby boomers will have reached 65, and the proportion of seniors could reach 23%, compared to 15% in 2011.

So what does this mean for Greenwood Court and Nithview Community?

The quick answer is that there will be much more demand for the accommodation and services that we provide. However, growth will be the easiest issue to manage. The greater challenges will be:

- How to create a model that will enable our residents to “age in place” and not be required to relocate at some point
- How to provide a higher level of care and support to residents in all segments of our continuum of care”
- How to recruit, select, develop and retain staff to provide the care and support required, in a kind and caring way

How will we respond to these challenges? More to come in 2017...

Employee Health and Wellness

“Our people are our most important asset.”

How often have you heard that statement? What does it mean? Do you agree with it?

Or do you prefer the statement to the right? Or a paraphrased version that “our most important assets are our bodies and our energy to use as resources to improve the lives of our residents, clients and colleagues”?

Please give this matter some serious thought. There will be a longer discussion on this topic in the January edition of Sharing the Vision.

Regardless of which statement you prefer, in April 2017, TCMH will implement an Employee Health and Wellness Program which will focus initially on relieving stress, dealing with high blood pressure, and diabetes. More details to follow in future editions.

The most important assets we have are our bodies and our energy which can be put to good use as resources in political activism for poor and working people.

Cornel West

The Landscape for Developmental Services in Ontario

Did you know that:

- Approximately 120,000 Ontarians have a developmental disability.
- Waiting lists for residential supports have risen to 12,000 people, in a sector that currently provides residential support to 16,000 people.
- Another 6,000 are waiting for services that will help provide community-based programs, job training and support at home.
- Families continue to wait for appropriate supports for their son(s) and daughter(s). For example, in Toronto alone, there are 100 people who have been on a waiting list, for appropriate support, for more than 20 years.
- Since 2008, it has been a provincial objective to provide, for people who have a developmental disability, enhanced support to live in the community.
- According to a recent study by the Institute on Disability and Human Development, chronic health conditions, including arthritis, high blood pressure, obesity, and activity limitations are on average 10% higher for older caregivers of adults with developmental disabilities than in the general population.

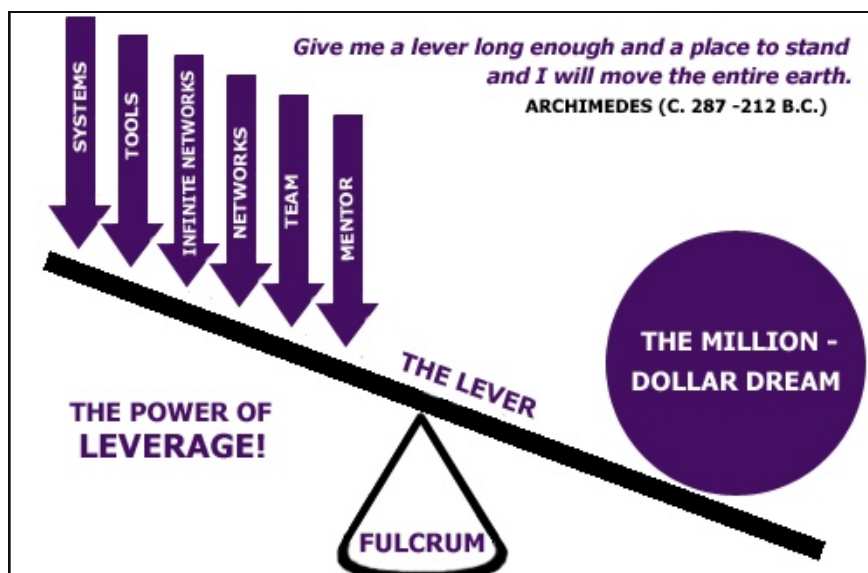


So what does this mean for Aldaview Services?

In brief, there is unlimited opportunity to fulfill our mission more broadly, but it will require some creativity on our part. We will need to leverage the supports and resources that are available, including:

- contributions of clients who are as independent as possible;
- family members;
- good friends and neighbours;
- technology;
- community partners;
- government agencies; and
- our current resources and assets.

Fortunately, there are developmental services agencies, from whom we can learn, who have already developed and tested a variety of models of care.



In the coming months, we will be continuing to research the anticipated needs for our sector, and identifying the most intriguing models that are already in place. We will also be looking for creative ideas from all of our stakeholders associated with Aldaview Services.

Please do not be shy! Your input is most welcome.

The Rabbi's Gift

(This story was included in Pastor Kevin Peters-Unrau's meditation at the September 2016 TCMH Annual General Meeting. It is reprinted from www.betterlifecoachingblog.com.)

There was once a monastery that had fallen on hard times. It was once part of a great order which, as a result of religious persecution in the seventeenth and eighteenth centuries, had lost all its branches. It was decimated to the extent that there were only five monks left, the abbot and four others, all of whom were in their seventies.

Deep in the woods surrounding the monastery was a little hut that the rabbi from a nearby town used for a hermitage. One day, it occurred to the abbot to visit the hermitage to see if the rabbi could offer any advice that might save the monastery.

The rabbi welcomed the abbot and commiserated with him. "I know how it is," he said, "the spirit has gone out of the people. Almost no-one comes to the synagogue anymore."

So the old rabbi and the old abbot wept together. They read parts of the Torah and spoke quietly of deep things.

The time came when the abbot had to leave. They embraced.

"It has been wonderful being with you," said the abbot, "but I have failed in my purpose for coming. Have you no piece of advice that might save the monastery?"

"I am sorry," the rabbi responded, "I have no advice to give except to tell you that the messiah is one of you."

When the other monks heard the rabbi's words, they wondered what possible significance they might have.

"The messiah is one of us? One of us here, at the monastery? Do you suppose he meant the abbot? Of course it must be the abbot, he has been our leader for so long. On the other hand, he might have meant brother Thomas, who is certainly a holy man. Or maybe he meant brother Elrod, who is very grumpy, but also very wise. I don't think that he meant brother Phillip, he's too passive, but then he always seems to be there when you need him. Of course, he didn't mean me did he? Perhaps he did."

As they contemplated the possibilities, the old monks began to treat each other and themselves with extraordinary respect, just in case one of them was the messiah.

Because the forest was so beautiful, people occasionally came to visit the monastery. They would have picnics or just wander along the old paths, most of which led to the dilapidated chapel. They sensed the extraordinary respect that surrounded the five old monks, permeating the atmosphere.

The visitors began to come more frequently, bringing their friends with them. Some of the younger men who came to visit, began to engage in conversations with the monks.

After a while, one of the men asked if he could join them. Then another, and another.

So, thanks to the rabbi's gift, within a few years the monastery had once again become a thriving order and a vibrant centre of light and spirituality in the realm.

The question is how would Aldaview Services, Greenwood Court, Nithview Community and Corporate Services look, if you believed that you and/or those around you were the possible solution to whatever challenges you are facing?