



# RYGIEL NEWS

## What Is Home?

***“Every person we support will have a full and meaningful life, which means having a home, relationships of all kinds, and a variety of socially valued roles.”***

One of the key components of our service that we believe is essential to having richness and meaning in life is having a home.

Home is so integral to who we are, what we do. For the most part, a person doesn't stop and think through what our home means to our daily life.

It is a place where we learn who we are, it helps shape our personal history, it is a place where we learn a lot. It is a place where we have responsibilities and learn how to meet the obligations of those responsibilities. It is a place where relationships are nurtured.

It is a place where we can be ourselves. It should give us privacy and security. These are just a few of the key elements of home. It is important for us to reflect on this issue as we support the people in our service to have home life. Our understanding of what is home, what it can give us, what it takes to ensure the qualities and characteristics of good home life are present, are critical in our role as a residential service provider. We can't help ensure these elements to be present if we don't know what they are and why they are important. It is vital that we keep our vision in the forefront and let it remind us of what it takes to reap the benefits of a good home. As staff, we must remember who lives in the home and ask ourselves “what does each person need from

### In This Issue

- Message from the ED
- CPR/First Aid Training Available
- Beth's Story
- A Personal Perspective
- Spring Breakfast
- BINGO!
- Family Information Series
- Siena Announcement
- Bulldogs and Ticats
- Wish List
- Gift Card Purchases
- Developmental Service Worker Appreciation Day
- Save the Date

## Training Initiatives

### CPR course at more than competitive rate

Did you know that employees and volunteers at Rygiel have to recertify for CPR every 18 months and First Aid every 3 years?

And did you know that you can also update your certification at the same price?

- Recertification cost of CPR and First Aid is \$50.00
- Recertification cost of CPR only is \$30.00
- Recertification cost of First Aid only is \$30.00

2015 dates are every other Wednesday, 6-9 p.m..

Contact Joanne Cimini , HR, at 905-525-4747, extension 211 to register

their home life? Is it there? Does the environment represent the people who live at a particular home?

Unfortunately, a home within a service agency cannot be true home –For the most part, the people we support don't choose the dwelling, the people they live with, who comes into their home to provide support, etc. So clearly there is a compromise in the full value of true home life. However, being aware of the value and the

elements, helps us to support folks to optimize the components where they do have control. There can be choice (food, colours, routines, visitors, décor, activities...), there can be privacy,

nurturing of relationships, developing interests and shaping one's identity and much more.

We must remember what it takes to make a house a home and work diligently to support each person in our service to have as close to as possible, real home life. As writer Christian Morgenstern said, "A home is not where you live, but, where you are understood".

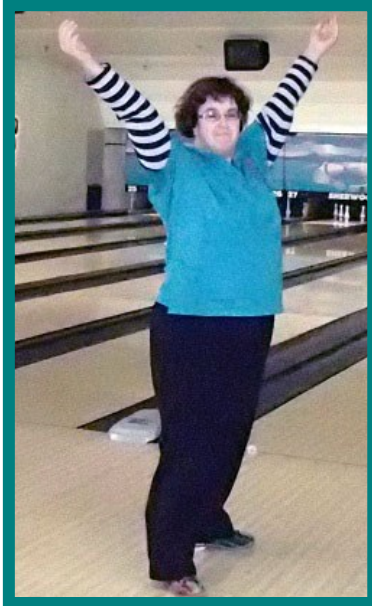
When a human being is understood, s/he moves through life with a good sense of confidence, motivation and personal security. Each day, we need to ask, is the person I am supporting understood? How can I help s/he reap the benefits of having home.

"It takes hands to build a house, but, only hearts can build a home" (author unknown). There are many hearts in this agency and this leaves me with confidence that the houses are in fact, homes.



# Beth's Story

Bubbly. That is the perfect word to describe **Beth Blallock**. Talkative, sweet and passionate are also good words. When you meet Beth, you are immediately swept into her world and her heart. You get a hug right away.



Beth is one of more than 200 individuals who are supported by Rygiel. When she was younger, Beth was looked after by her mother. However, as Beth reached adulthood, her mum decided that she had to plan for Beth's future.

The journey began with day support. This was a chance for Beth to meet and socialize with others on a regular basis.

In 2012, Beth became a Rygiel resident. She now lives in a home with two others. She is very happy there, with her friends, and her cat,

Jack, who is her "baby". While her roommates are not as mobile, Beth regularly goes out with Merlyn, the team leader.

She is a member of a bowling team sponsored by Special Olympics in Hamilton and plays every Saturday. Beth's team is a tight knit group. They are close friends and look out for one another. Seeing her make a strike is exhilarating.

Two months ago, Beth started working at Rygiel, copying and shredding. It is her first paid job. Beth is very proud of the work she does and delighted to be around those she loves and love her.

Friends are very important to Beth. That is apparent from the first moment you meet her. Rygiel may be providing supports so that Beth can lead a productive life, but it is her Rygiel friends who help give it meaning.



## A Personal Perspective

People generally have pre-conceived notions of the capacity of someone with a developmental disability. Most of these ideas are based on lack of knowledge. It is important to dispel the myths.

One Saturday, I spent an afternoon with Beth's bowling group. I was surprised to find myself talking with these young people as I would any young adults. They were funny, emotional, insightful, warm, loving, and conversational.

What surprised me most was the realization that these young people want exactly what my 20 something children want - a nice home, loving family, great friends, an active social life, and a meaningful job.

These wonderful individuals are not a liability or a burden, they are treasures who have much to offer society as a whole. They deserve our attention, our praise and our support to have a full and meaningful life. Just as my children do.

*Trish Mongeon*

## Spring Is Coming

March 20th is the first day of Spring. Looking at the snow it is hard to believe that in just a few short weeks we will be seeing flowers poking out of the ground. But whether the groundhog saw its shadow or not, one thing is for sure...its time for the annual

# SPRING BREAKFAST

in support of Rygiel Supports for Community Living

Hot Buffet

Waffle Station

Egg Station

Juice Bar

Coffee

& Tea



Copetown Community  
Centre

Hwy 99, Copetown

9 a.m. - Noon

Adults- \$15.00

Children (under 12)\$10.00

Children under 5 Free

for advance tickets call

905-628-9757 or 905-525-4311 ext 223

## BINGO!

Its always exciting when someone gets to shout that. For Rygiel, the excitement comes from the six accessible vans , costing \$70,000 each, that the organization has been able to buy over the years.

Since 1997, Rygiel has had dedicated volunteers who work each week to ensure this source of revenue is available to fund necessary equipment like the vans.

Today, six volunteers make up the Bingo team . They work at Princess Bingo every Monday from 3 to 5 p.m. Their efforts are often not seen but always appreciated.

Special thanks to Tom Evanoff, Peg Evanoff, Nancy Meadows, Dilbert LeBeau, Kay O' Sullivan, Marcie Marcaccio, and Tina Larner for all your hard work.

Have a Monday afternoon a month available? Consider joining the bingo team.

## Family Information Series

Keeping families in the loop on funding, planning and available services is essential to providing the best possible care for those supported by Rygiel. The Family Series Information Sessions are designed to discuss a wide array of topics and resources to assist families, caregivers and service providers who support an individual with a developmental disability.

In March, Rygiel is offering two new sessions:

### **March 10, 2015-Passport Funding by the DSO Passport Agency**

Recent changes in the funding model have put the onus on those with developmental disabilities and their caregivers choose the supports they want. Passport is designed to put control into their hands. This session will help families learn how to maneuver the Passport system to ensure their loved one with a development disability has choices in how they and their families receive supports.

### **March 24, 2015-MyDirectPlan**

This session will introduce you to MyDirectPlan, an easy to use online budgeting and reporting tool designed for individuals receiving Direct Funding. MyDirectPlan will track your expenses and provide personal budgeting forecasting. This application streamlines the administration of your Direct Funding.

All sessions are from 6:30 p.m. to 8:00 p.m. in the Community Room at Fortino's, 65 Mall Road, Hamilton. To register, please contact Viola Galamini at 905-525-4747 ext. 223.

## Announcement

After months of negotiating, Rygiel is thrilled to announce that it has purchased the former Siena of St Catherine school on the west mountain. This building will become the permanent home of some of our day supports and administrative offices.

Plans for the renovations are now in full swing. Watch our upcoming newsletters and website for updates.

## Ticats and Bulldogs at Rygiel

Sports in our city certainly add to the quality of life we experience. We are proud to wear our Bulldogs and Ticats apparel to show support for our teams.

So imagine the excitement when Dr. Ralph Sciuлло, a Hamilton chiropractor who is part of the Bulldogs and Tiger-Cats medical team, came to Rygiel with jerseys, hats, t-shirts and polo shirts for those supported by our organization. It was a wonderful Christmas gift for so many.

“I recognize Rygiel for the tremendous service it provides”, says Dr. Sciuлло. “If I can help put a smile on someone’s face with this small gesture I am happy to do so.”

Our thanks to Dr. Sciuлло, the Hamilton Bulldogs, and the Hamilton Tiger-Cats for bringing such joy.



## Honouring Someone Special

Have you noticed that more often than not, when someone passes away the family asks for donations to honour their loved one? What a lovely acknowledgement this is to someone’s life.

While often the family may request a particular charity, they may also just say “*To a charity of your choice.*” Please make Rygiel Supports for Community Living your choice.

There are many donors who make Rygiel their charity of choice for all their in memorium or in honour donations. They choose to pay tribute to the contributions of others by making a gift to Rygiel. It is bringing together two parts of the donor’s life to benefit a vulnerable population in our community—their charitable giving and a desire to honour someone special.

For more information on making an In Honour or In Memorium gift, please contact Rygiel at 905-525-4311.

# Wish List

In December we announced our Wish List— items that would make life more fulfilling for those Rygiel supports. Our goal? **To raise \$32,000 to purchase all these items.**

- 4 Ipads
- DARTS transportation passes (10 passes and 300 bus tickets)
- Single bed and bed frame
- 2 sets of dishes
- Winter salt and sand
- Funds to subsidize some day programs for senior residents (\$21.00 per day per person) - need for 8 people.
- 6 snow shovels
- Gift cards for clothing - Sears, Walmart
- Gift cards for movies
- Projector
- Scrapbook supplies - albums, adhesive tape, decorative paper
- Baking supplies
- Hand held musical instruments, lap drums
- Needed - meeting space for approximately 40 people once month

Consider making a donation today - simply tell us it is for The Wish List.

You can also consider buying gift cards. If you buy gift cards through our Fundscrip program (see below) and Rygiel benefits from your generosity in two ways—your donation (receipt for value of the card) and a percentage of the card value given back to Rygiel.

## FundScrip Promotions for February

Wondering what this is? FundScrip is a fundraising program at Rygiel where you buy gifts cards and Rygiel benefits by receiving 2-7% of the value. More than 170 retailers participate, including grocers, restaurants, gas and many others.

FundScrip has announced special promotions for February:

- o la Vie en Rose / la Vie en Rose Aqua at 11% to Rygiel
- o Roots / Roots Home / Roots Kids at 14% to Rygiel
- o The Gap / Banana Republic / Old Navy at 7% to Rygiel



Promotions are valid from January 30 to February 26, 2015 - 9:30

a.m.

To get your order form, contact Viola Galamini at 905-525-4747 ext. 223 today. Don't miss this great way to get the things you want and support Rygiel at the same time.

## Developmental Service Worker Appreciation Day

February 19<sup>th</sup> is designated the day to officially thank individuals who work in the Developmental Services sector supporting people who live with the disability.

Rygiel has always been fortunate to have outstanding teams of staff. Within the agency, we have an array of diverse skills, all of which are shared and contribute to providing good care, support and opportunities for those who rely on your service. Our staff hold many roles: advocate, facilitator, role model, mentor, coach, confidant, cook, care provider and much more. As a result of these roles being fulfilled with respect and commitment to the people who come to us for service, those individuals receive good care, and have many opportunities that are evident that the agency values are being lived.

I take this opportunity to express my gratitude for your service. Please be assured that there is everyday recognition and gratitude. However, this provincial recognition is a special time to say THANK YOU.

Donna Marcaccio, Executive Director

### Save the Date

Starting January 7<sup>th</sup>—and every second Wednesday—CPR/First Aid Recertification

March 29, 2015—Spring Brunch

August 27, 2015—Annual Golf Tournament

### Contact Us

For more information or to make a donation, call us at:

**Rygiel Supports for  
Community Living  
905-525-4311**

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Visit us on the web at  
[www.rygiel.ca](http://www.rygiel.ca)