COMMUNITY LINK

FALL/WINTER 2020

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Community Living Kingston and District would like to take this opportunity to say a heartfelt THANK YOU to the many people who have:

- ***Provided supports to persons served and families in creative and flexible ways***
- ***Volunteered their time***
- ***Adjusted their lifestyle to help keep others safe***
- ***Adjusted their work to assist where needed most***
- ***Monitored their health and the health of others to help keep everyone safe***
- ***Kept their distance***
- ***Worn a mask, gloves, goggles or gown***
- ***Cleaned, sanitized, and cleaned again***
- ***Shared information, resources, and training to help improve knowledge***
- ***Lifted others up when they are feeling down***
- ***Collaborated to ensure no one falls through the cracks***
- ***Created opportunities in spite of limitations***

Your efforts are to be commended and are MAKING A DIFFERENCE.

The road is long but we've got this.

#inthistogether

COMMUNITY LIVING
Kingston and District
Inspiring Possibilities

From The Corner Office

ADJUSTING TO OUR NEW WORLD

Peter Sproul,
Executive Director

Our world changed dramatically in March. When I look back on earlier correspondence, I wrote the following in a memo to all employees on February 7th, 2020:

"As everyone is no doubt aware, the spread of the virus 2019-nCoV (coronavirus) is prominent in the news these days. Please be advised that we have been in contact with the Public Health Unit to make inquiries and seek direction related to the risks posed by the virus. To date, five individuals have been diagnosed with the coronavirus in Canada and public health officials regard the threat of an outbreak in the general population as very low. We will continue to communicate directly with the Health Unit in the days and weeks ahead to stay on top of the situation as it evolves and will provide any new information to our staff members as it comes to our attention. In the meantime, please remain vigilant in practicing universal precautions consistent with our policies related to infectious diseases."

By the second week of March, the threat of a widespread pandemic was upon us and we quickly shifted to "retreat" mode by suspending non-essential programs and volunteer supports, gathering as much PPE (personal protective equipment) as we could find, initiating screening procedures at all program and office locations, and keeping people at home in our essential residential programs. Since then, further measures have been introduced such as closing all office locations, arranging for many staff members to work from home, and requiring universal masking at all CLKD sites. Social distancing, sanitizing, and the increased use of technology to stay connected have also been constants in our life since March.

Our world, both in terms of work as well as personally, shifted dramatically requiring rapid, often extreme adjustments to ensure the health and safety of persons served, employees, families and other stakeholders. It's been quite a ride.

Although we have endured considerable inconvenience and disruption because of COVID-19, I'm proud to say that we avoided any significant lay-offs at CLKD. I'm also proud to say that the primary stakeholders of the organization demonstrated incredible resilience and determination in facing the challenges presented by the pandemic. The true test of an organization's strength is in facing and overcoming adversity, and you have all passed that test with flying colours.

Aside from being reminded of how resourceful and unflappable we are in navigating through uncertain times, we've also learned a few other things:

- *First, how flexible and individualized our staff members and programs are. While Residential Services employed dramatic steps to respond to changing conditions such as accepting re-deployed staff and siloing teams to limit risk of exposure, other services such as Community Services, Family Home, Family Support, Child Care Resource Consulting, Community Inclusion, Kwik Shred and Employment Supports relied on innovative methods to continue serving individuals and families;*
- *Second, we learned that the technology we've invested in over the years provided us with a reliable alternative to in-person meetings at a time when we had to keep our physical distance. For a relationship based, mission driven organization, this enabled us to stay connected with each other and with persons served and families so that service was not entirely fractured;*

The Corner Office continued...

- *Lastly, we realized the importance of collaboration. An "all hands on deck" approach in the Kingston and Gananoque communities meant that we worked closely with our community partners, municipal and civic leaders, educators, clinicians, and government to effectively confront the challenges together. This resulted in securing significant PPE to mitigate risk for our staff members, providing "pandemic pay" for non-management employees, and connecting frequently with Public Health to ensure that we remained current on the most effective practices and procedures to safeguard the health of all agency stakeholders.*

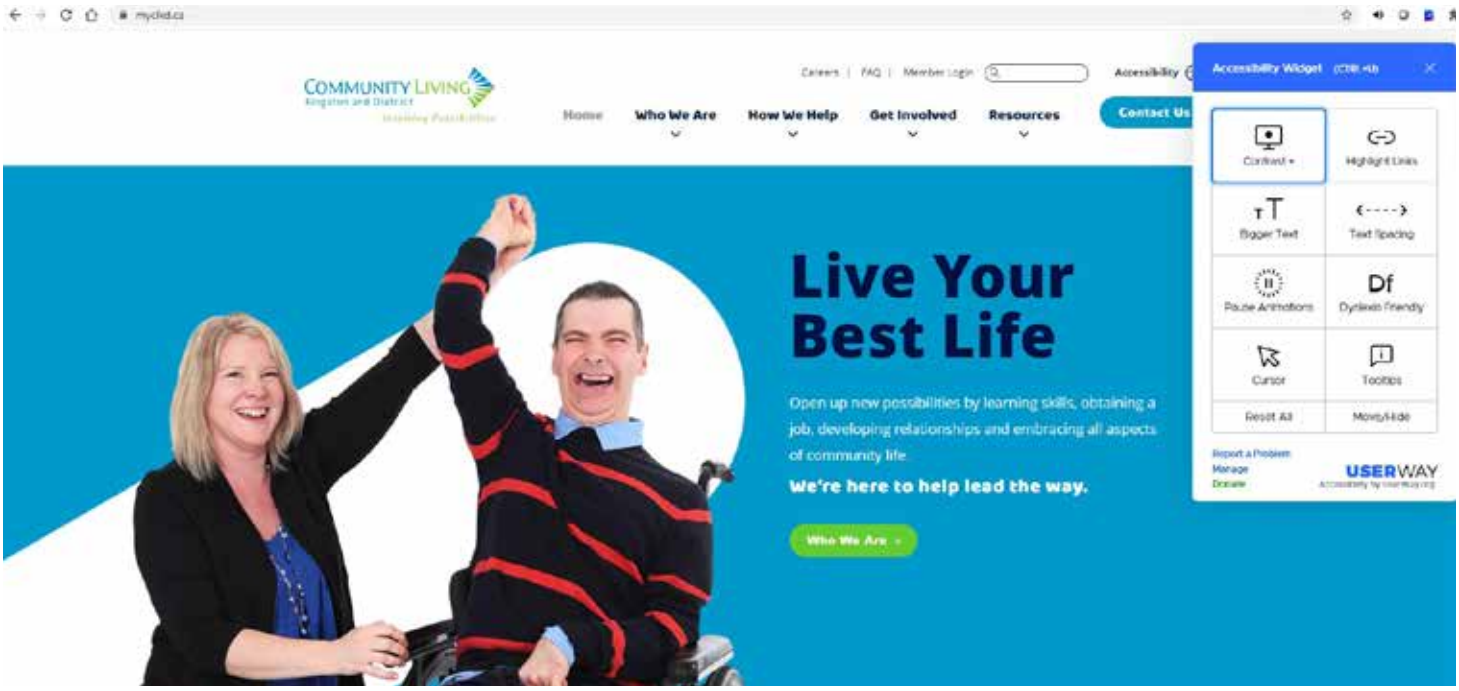
We are now in the second wave of the pandemic and the threat it carries is significant. We all remain hopeful that 2021 brings some measure of relief and a return to a normal life, or certainly something that seems a bit more normal. Until then, our singular focus will remain on health and safety. We are fortunate that, until now, there's been no outbreak at CLKD. However, that good fortune is the result of our collective efforts to exercise the precautions that protect ourselves and each other. Please remain vigilant in this regard. In the meantime, I commit to maintaining ongoing communication to stakeholders so that you have the most current information and appropriate advice to keep yourselves healthy and safe.

In this together.

CLKD is proud to share our recently redesigned website.

Many thanks to 1dea Design + Media Inc. for their terrific collaboration and for ensuring we have both a fantastic design and the necessary language and accessiblity features.

Check it out at - https://myclkd.ca/



The Staff Corner

Jeff Harrison

YEARS OF SERVICE ANNOUNCEMENTS

A number of CLKD employees have recently reached length of service milestones with the organization between January and September of this year. Congratulations to all of the following and thank you for your ongoing dedication.

Five Years	Joe Topping Direct Support Professional Roosevelt	Kayla Halladay Community Support Worker Family Home	Yasna Rabadi Community Support Worker/BT Community Services
Five Years	Jeannette Duchesne Administration	Dixie Luck Administration	Anitra Langford Direct Support Professional Roosevelt
Five Years	David Wright Direct Support Professional Davis	Meagan Rogers Direct Support Professional Family Services	Rob Amini-Vadeghani Direct Support Professional Gananoque
Five Years	Brooklyn Bertrim Residential Facilitator Smithfield	Nicole Wood Home Facilitator Dolshire	Matt Covey Direct Support Professional Lyons
Five Years	Kaitlyn Ferguson Residential Facilitator Roosevelt		
Ten Years	Jenifer Oomen Residential Facilitator Ringstead	Caitlin Moon Residential Facilitator Mowat	Jessica Doucett Direct Support Professional CO2/McMichael
Ten Years	Joanne Wills Residential Facilitator Melanie	Laura Lee Babcock Direct Support Professional Smithfield/Splinter	Tina Bishop Residential Facilitator Smithfield
Ten Years	Kristen Andrews Residential Facilitator Splinter	Jessica Marshall Community Support Worker SIL	
Fifteen Years	Mark Vass Manager Properties and Maintenance	Brenda Ekins-Matthew Residential Facilitator Melanie	Todd Brown Family Support Worker Family Support
Twenty Years	Clara Smith Direct Support Professional Mowat	Donna MacLean Community Facilitator Gananoque	Rob Arpin Direct Support Professional Roosevelt
Twenty Years	Sheri Bulmer Community Support Worker Family Home	Leslie Frauley Direct Support Professional McMichael	Paula Alger Resource Consultant CCRCS

To all CLKD Employees: THANK-YOU! We cannot do this without you!
Your ongoing dedication is appreciated more than you know.

RECENT PROMOTIONS

Several existing staff members have been promoted to new full-time positions since January of this year. Here is an overview of their new roles:

Employee Name	New Position	Program
Jaime Pifer	Direct Support Professional	Mowat
Paula Brawley	Community Support Worker- Contract	Parkway
Taylor Peters	Community Support Worker- Contract	Lyons
Melissa Randall	Community Support Worker- Contract	Gananoque
Mallory Moore	Community Support Worker- Contract	SIL/Family Services
Ashley Phinney	Direct Support Professional- FT Contract	Floater
Karli Gibbs	Direct Support Professional-FT Contract	Floater
Linda Finlay	Residential Facilitator- Contract	Davis
Taylor Kitson	Residential Facilitator- Contract	Melanie
Cassandra Greyling-Coote	Direct Support Professional- FT Contract	Arbour
Greg Allport	Coordinator	Options
Kayla Dunlop	Direct Support Professional-FT Contract	Floater
Jessica Struthers	Community Facilitator	CO2
Cynthia Morton	Community Facilitator-Contract	CO2
Morgan Greenslade	Direct Support Professional FT	Arbour
Jessica Willis	Direct Support Professional FT	CO2/Residential Services
Robert Andrews	Manager	Community Inclusion Program

Years of Service continued

Thirty Years	Sherrill Boyes Manager Residential Services	Sheri Scott Director of Operations	Lena Sousa Coordinator Ringstead/Roosevelt
Thirty Years	Steve Borhi Coordinator Arbour/McMichael	Janice Couch Community Support Worker SIL	Allen Monteith Direct Support Professional CO2
Thirty-Five Years	Diane Stewart Coordinator Family Support		

JULIA HESS: MY 'GO TO' FOR IDEAS DURING COVID-19

Eleonor Egidio

I first met Julia last fall when she started her first year at Queen's University. She already had an incredible number of related experiences for her age and she was very flexible in terms of what volunteer role she was willing to take on, age of potential match, gender, etc. I knew she would be a good match with a number of individuals, and Julia became both a CLKD volunteer and a Best Buddy.

Julia was matched with a young boy through Family Support and with a senior man in Residential Services. Like most students, Julia went home when COVID-19 later shut down schools and many programs. CLKD identified individuals who would like a virtual volunteer match during COVID, and Julia once again offered to be involved. She and her virtual friend were introduced on Facebook and together they played online bingo and other games, did crafts, and just chatted. I told Julia that we had started a Facebook group to share resources, ideas for activities, and a forum for discussions. It turned out that Julia had started working with Easter Seals and Oak Learners, assisting with virtual programming. This led to us emailing ideas back and forth. We shared resources that I found that she might be interested in for her camp participants, and she contributed ideas for our group and to support persons served. She also sent a couple of videos she created, instructions for things like a COVID related time capsule, links to videos, etc.

Julia is back in Kingston for the 2020-2021 school year. She has reconnected with the family of the first boy with whom she was matched and has been doing virtual activities with him and his family. She continues to connect with the man she met through Best Buddies as well as with the third individual she has only ever visited with virtually.

Recently I mentioned that it would be great to have some of the activities we discussed over the summer posted on our Best Buddies Facebook group for people who were looking for virtual ideas. Julia took this idea and compiled some of her resources and created a google document to share with all the student buddies. Julia is very organized, creative and resourceful. She is a motivator and a doer. Julia has not only been an amazing volunteer in three different situations but she has been an ongoing resource for me and for CLKD during this time of virtual connections and learning.

SUBSCRIBE TO OUR YouTube CHANNEL

Search "Community Living Kingston and District" or connect directly at:

https://www.youtube.com/channel/UCGpjw9KfYxOL0zzT59vs6GQ

JULIE WOODS: VOLUNTEER LEADER EXTRAORDINAIRE!

Eleonor Egidio

Julie Woods became involved with Best Buddies at St. Lawrence College in the fall of 2018. When we put the call out for chapter co-chairs she took on the position, ultimately being the only chair for that year. Not only did Julie rise to the challenge, but under her leadership she recruited new members, she organized new community events and was matched with her own buddy, Mary. Julie applied for funds for the chapter from the student association, with which we purchased our first ever Best Buddies banner and t-shirts. She did all this while finishing her Behavioural Psychology degree and while participating in and taking on other leadership roles at the college; some for which she received awards.

Julie was on the Peer Ambassador Committee, was a Peer Tutor/Note Taker and a Student Representative. She won two program awards, one for her academic work and one for her compassion and kindness. Julie also just received a "SLC Spirit Award" from St. Lawrence College, recognizing an individual who went above and beyond to promote and support the success of Athletics and Student Life at SLC. Julie will also be receiving an additional convocation award, the Kingston Community Credit Union Leadership Award. Julie is an amazing role model, mentor and leader and we are thrilled she has chosen to volunteer with Community Living Kingston and District for the foreseeable future.

Julie describes her involvement with Best Buddies SLC:

"I became involved with Best Buddies as an associate member during my third year of BPSYC and was promoted to president in the 2019/2020 school year. As president some of my roles included encouraging the recruitment of new members, interacting with our current club members, and organizing group activities. It was my goal to host a combination of on and off-campus events serving to promote friendship and inclusion within both the SLC and Kingston communities. A big thanks to local agencies Improbable Escapes, Crock-A-Doodle Pottery, The Kingston Frontenacs, and Specialty Trophies for working with us to create customized experiences and apparel and to Best Buddies Canada and the Student Association of SLC – Kingston for their financial support to make it happen. My favourite part of Best Buddies has been having the chance to volunteer and give back while spending time with my own Best Buddy, Mary. Mary and I have been buddies since the fall of 2019 and we enjoy doing crafts, watching movies, and attending hockey games together. We plan to continue our friendship virtually and look forward to being able to see one another in person again soon."

Be sure to check out Community Living Kingston's page on Facebook. Learn about upcoming events, share opinions and hear about how others are making community living a reality.

Check us out at: www.facebook.com/communitylivingkingston

Resource Consultant Update

KEEP CALM AND RESOURCE CONSULTANT ON!

Child Care Resource Consultant Services Proudly Supporting Our Community

Paula Alger on behalf of the CCRCS Team

It has been over 8 months since the world as we knew it ground to a halt due to the COVID-19 pandemic. Although many things have changed since then, and continue to change in our world, our community, our work, and our personal lives, we continue to carry on and try our best to support children in their licensed child care programs. We continue to offer remote consultation to assist the educators in providing meaningful and purposeful participation for children with their well-being, belonging, expression and engagement in mind.

As you know, in the spring of this year schools and licensed child care programs were mandated to close. Three licensed child care programs opened as emergency child care for essential workers and some of the children supported by CCRCS returned to group care as their parents returned to work. Other programs opened in the summer while many others opted to wait and re-open in September when school started.

In the beginning when the majority of child care programs were closed and children remained at home we were providing support to 156 families. We were able to continue this support remotely by offering to make resources for children such as stories to help them understand COVID-19 and visuals to help them understand the sudden changes in their daily routine. Resource Consultants also participated in remote and virtual transition to school meetings with school boards, schools and families (64 children entering school fall 2020) and tried to maintain linkages with other community agencies and supports that were also involved. We partnered with the City of Kingston's Professional Learning Facilitator to provide resources and information that could be shared with families from the EarlyON programs and the emergency child care programs that were open.

It has been a stressful time for families, children and educators and as things gradually re-open health and wellness remains a priority. Increased health and safety measures and protocols mandated by Public Health require more time and resources for everyone. We commend the licensed child care community for their resilience and efforts and for continuing to offer their services to children and families. It proves how essential and valuable you are and WE THANK YOU!! We know it has not been an easy undertaking. We also want to give a shout out to all the families and children who also must learn new routines and protocols in order to keep everyone healthy and well. Thanks to everyone for doing their part, we are in this together!

With all of the changes everyone in the world is experiencing, it truly shows how resilient we can be. We are grateful to be in a position to continue offering our services and supporting our community child care programs, and the families and children they provide a service to. We wish health and wellness to you all 😊. Remember to: "*Keep going! Your speed does not matter, forward is forward.*"

PERSEVERANCE PAYING OFF

Laurie McShane

In January 2019 Community Living Kingston and District's Employment Services received a phone call from a young man named Kurtis. He had recently moved to Kingston, had experience in manufacturing and production, and was looking for help to find a job that was the right fit for his lifestyle. He had explored work with a temp agency, but found the short duration of assignments, inconsistent expectations, and lack of stability difficult. Furthermore, he wanted to find a long term career where he could explore personal and professional growth.

The timing was perfect. Kwik Shred just happened to be hiring at that time and Kurtis was interviewed and offered a job as a part time Production Assistant in hopes of building skills, increasing confidence, and regaining control of his future. For one year, Kurtis learned all aspects of production and became a model employee amongst his peers. Keeping his employment goals in the forefront, Employment Services worked with Kurtis to explore long-term competitive employment in the community.

In early 2020 CLKD's Employment Services was pleased to partner with Kingston's PepsiCo manager David Freeman. PepsiCo is an active member of Ready, Willing and Able (RWA), which is a national partnership between the Canadian Association for Community Living and the Canadian Autism Spectrum Disorder Alliance. David was interested in taking on this initiative locally and was seeking an experienced production worker. Luckily for Kurtis, his work experience gave him the necessary skills to apply. Kurtis was offered the warehouse job at PepsiCo and had his first shift in March and he will be completing his forklift certification in October 2020.

We are pleased that Kwik Shred has proven to be a place of skills based training in production and manufacturing, encouraging and supporting individuals to work in a "flow-through" model where they can move onto careers in the community with opportunities for advancement. Kurtis has been the ideal role model for this initiative and plans on returning to Kwik Shred as a mentor, hoping to encourage his peers to explore their dreams.

Kurtis celebrating his promotion from Kwik Shred, and first day of work at Pepsico working on repackaging.

We wish you continued success, Kurtis!

KWIK SHRED

Secure, confidential document destruction

◊ Business and Residential ◊ Pick up service available

Certificate of Destruction Provided

613-548-7366 kwikshred@clkingston.ca

ANOTHER SUCCESSFUL BONSPIEL AND SILENT AUCTION

Steacy Powell

The 2020 Helen Lyle Memorial Bonspiel was a huge success this year! It was one of the last things that many of us got to do collectively with friends and colleagues without masks! As always, it was a fun event and the silent auction was the most successful it's ever been, raising $3900!

Proceeds from the silent auction this year went to the **Chris Groeneveld-Barry Memorial Fund**. This fund supports local arts organizations, selected by Chris' family, that promote the principles of social inclusion and community engagement. Chris believed in people and the transformative powers of the arts, and that the freedom of expression that creative arts encourages should be available to all. His fund is helping local charities continue to provide a barrier free access he believed in so deeply.

Each year a core group of people assist to collect donations for the silent auction. This year, Rob Amini, Heather Campbell, Sharon Dunn, Eleonor Egidio, Cathy Lawrence, Lisa Pennock, Maegan Phillips, Steacy Powell, Sarah Prevost, Lisa Vass and Wade Wright all helped in this effort. But, most notably we had the assistance of Dan Attwood. Dan is a local city police officer who has been volunteering for CLKD and wanted to help out when he heard about our auction. This auction was the great success it was due to Dan's tremendous efforts and many, many donations he collected! He reached out far and wide to his many contacts and friends and they all responded.

We would like to thanks the many individuals and businesses that were so generous with their donations and have listed them individually below.

Finally, we need to send out a special thank you to **Colin Dunn** who very generously donated a Kayak, and **Doris Duperre** from Canadian Tire in Blainville, Que who donated a big screen TV and a mountain bike. These items are part of a fundraising raffle that will benefit CLKD's Sunburst Fund.

1000 Islands Playhouse	*Absolute Comedy*	*All Ways Cleaning Company*	*Ambassador Hotel*	*Archibald Rentals*	*Army Surplus*
Bellagio Teeth Whitening	*Black Dog Hospitality Group*	*Boiler Room*	*Braden Ford*	*Car Medics*	*Cooke's Fine Foods*
Dan Ackroyd	*Design Cachet*	*Elgin Bowling Lanes*	*Embroidery by Heather*	*Fractal Workspace*	*Gan Chev Olds*
General Brock's	*Greektown*	*Greko's Pizzeria*	*Hands On Car Wash*	*Homestyle Deli*	*Investors Group*
Kingston Axe Throwing	*Kingston Brewing Company*	*Landmark Theatre*	*Lime Shack Designs*	*MacKinnon Brothers*	*Magicuts*
Milano's Pizzeria	*Moroni's Restaurant*	*Olive Oil Company*	*PharmaSave*	*Pita Pit*	*Putt 'n Blast*
Queen's Inn	*RBC*	*Rustic Spud*	*Service First Computers*	*Shiva's Delight*	*Shopper's Drug Mart*
Spearhead Brewing Company	*Springer Group*	*Starbucks*	*Taggart Construction Limited*	*Three Dog Winery*	*Tim Horton's (Agnew Food Services)*
True North Tattoo	*Tulips and Maple*	*Upper Canada Office Systems*	*the Wine Cellar*		

Living My Life My Way

Highlighting the successes of participants of our Community Inclusion Programs

THRIVING THROUGH CHANGE

Jessica Struthers and Kevin Parkhill

The following is an article written by Community Inclusion Program participant, Kevin Parkhill, that was featured in the Ignatius Jesuit Centre's Newsletter earlier this fall.

Kevin has always been very active and involved with his family and his community, so when the CIP program closed in March due to COVID and then his living situation restricted family contact, Kevin and his family made a difficult decision: For Kevin to temporarily move to Guelph to live with his father. With all of the familiarity, routine and connections of his life in Kingston gone, rather than focusing on the uncertainty Kevin and his family's resilience has shone through. Kevin has been thriving in Guelph, working alongside his father, and while he misses his family and community in Kingston, he has also gained in new connections and opportunities.

COVID has left many families and individuals to figure out things on their own. Their resiliency to get through this and reframe challenges as opportunities is a good reminder to those of us as service providers of the importance of a person centered lens of support.

Kevin's Story

My name is Kevin Parkhill
I live in Kingston
I am 33 years old.
In Kingston, I go to Community Living Kingston.
I do cooking.
I like to do Meals on Wheels.
I work at the Senior's Centre.
I go bowling.
I go to the Special Olympics swimming.
I go to Revved Up.
I go to the gym with Daniel.
I go curling.
I go to Lovin Spoonful.
These are I like to do in Kingston.

On Monday March 16, 2020 Community Living Kingston is cancelled of the virus.
Moved to Guelph with my dad.
I started to go to work with my dad at Ignatius Jesuit Centre.
I did the wood.
I did clean the bathroom.
I help dad take care of the water.
I help take care of Orchard Park
I help take care of farm workshops
I helped with the barn.
I helped take care of the villa.
The mail and take care of the Loyola House.
I helped with the recycle and the garage.
I have tomato and peppers in my garden.
I have lunch at Loyola House.
I helped with my kitchen.
I am riding my bike.
I go for walks.
I have a lots my new friends.
I like being on Guelph
I like to work at Ignatius-thank you for working.

Family Support Forum

When COVID-19 hit in March and the shutdown occurred, Family Support moved to providing services to over two hundred families in unique ways. Staff moved their offices to their homes and we began connecting by telephone and email, eventually also incorporating video conferencing. Our confidence grew quickly with these platforms and we found most of our meetings were being scheduled by virtual conferencing.

The Family Support team developed creative ways to fill the gaps that the loss of much needed services created. We continued to take new referrals and found ways to perform as many aspects of our services as possible. It was a difficult decision to not run the Camp Inclusion program in the summer, however, it felt like the most prudent choice.

As public health regulations evolved and weather warmed, necessary meetings began to take place, equipped with PPE, in driveways, back yards, and local parks. Moving forward we now have established cohorts for our office location and Family Support workers are returning to the office two days per week. We will continue to offer services virtually for our family drop-in, meetings and family information sessions, but will carefully proceed with in person meetings when necessary and safe to do so for everyone involved.

In the meantime, please enjoy an excerpt (below) from the most recent edition of our Family Support Newsletter . We hope you find it a helpful source of information and resources of interest to families and their loved ones.

Edition: WINTER 2020

COMMUNITY LIVING Kingston and District Inspiring Possibilities

FAMILY SUPPORT NEWSLETTER

NEW Passport E-claims

> Submit claims online
> Upload your receipts
> Track your claims and see the status

For more information go to:

https://eclaim.passportone.com/#/landing?language=en

Microboards

What is a Microboard? It is a committed group of family and friends (at least 5) who join together with a person with a disability to:

>create a supportive not-for-profit corporation

>assist with ensuring long-term security for their future

Please contact Zoe or Jen if you are interested in more information

zoe.rogers@clkingston.ca * jennifer.chhay@clkingston.ca

NEW Visual Presentations

We are excited to be rolling out new visual presentations in the New Year!

These visual presentations will include information to help families navigate funding applications and submissions.

> ACSD
> SSAH
> PassportONE
> Disability Tax Credit

Look for our calendar of dates in December!

Happy Holidays!!!

Best wishes for a holiday season filled with health and happiness, however you choose to celebrate.

Family Support Monthly Drop-In

Our team can help you...

- **Complete government forms**
- **Complete referrals**
- **Provide advice**
- **Find out where to turn for supports and services**

WELCOMING FAMILIES LIVING WITH A PERSON WHO HAS AN INTELLECTUAL DISABILITY

For more information or to book an appointment, please contact Diane Stewart at 613-217-9159 or by email at diane.stewart@clkingston.ca

The 2nd Thursday of every month from 1:00p.m.-6:30p.m.

Virtual Appointments Only at this time.

(can be offered in both French and English)

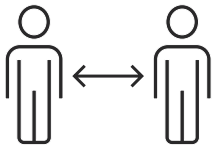
Take Care of Yourself and Others

Community Living Kingston and District wants to ensure everyone we are connected to stays healthy and safe during the pandemic. The following are some of the Public Health Unit signs that you will see around our locations and offices.

Please review them carefully before entering any of our locations. Feel free to reach out to one of our staff if you have any questions.

Your cooperation is greatly appreciated. THANK-YOU

Be COVID-19

W	I	S	E
			
Wear a face covering.	**Isolate** when you are sick.	**Stay** 2 metres apart.	**Exercise** frequent hand hygiene.

kflaph.ca

KFL&A Public Health

2020-07-07

Face Covering REQUIRED

Cover your nose, mouth, and chin.

Cover Your Coughs and Sneezes

Stop the spread of germs that make you and others sick

Cover your mouth and nose with a tissue when you cough or sneeze and put your used tissue in the garbage.

or

Cough or sneeze into your elbow or sleeve, not your hands.

Clean your hands

Wash your hands with soap and water for 20 seconds.

or

Clean your hands with alcohol-based hand sanitizer.

STOP

Do not enter if you have:

- Fever
- Chills
- Cough (new or worsening)
- Barking cough, making a whistling noise when breathing
- Shortness of breath
- Sore throat
- Difficulty swallowing
- Runny, stuffy or congested nose (not related to seasonal allergies)
- Lost sense of taste or smell
- Pink eye
- Headache that's unusual or long lasting
- Nausea, vomiting, diarrhea, or stomach pain
- Muscle aches
- Extreme fatigue
- Falling down often

OR

- you have travelled outside of Canada in the last 14 days.

What to do:

Visit a COVID-19 Assessment Centre. Visit **kflaph.ca** or call 613-549-1232 for locations.

kflaph.ca/Coronavirus

KFL&A Public Health

THE RECLAMATION PROJECT

THE VALUE OF LIVING LIFE AT THE HELM

Stories of Life in an Institution and the voices that closed them.

A multi-media presentation about life in an institution.

It is imperative to document these stories so that current and future generations have a clear and memorable understanding about the experiences of institutionalization and the effect it has had on the lives of individuals.

"Those who cannot remember the past are condemned to repeat it"

- Santayana 1906

For more information, or to access the documentary and other resources, please contact:

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