



We want to hear from you!

Have ideas for a community program or questions about services and supports we provide? There are lots of ways to connect.



info@quadcounty.ca



FACEBOOK PAGE:

Quad County Support Services



WEBSITE:

quadcounty.ca



EVENTS:

quadcounty.ca/events



Transitioning to routines and spending time indoors

It's hard to believe summer is over as it seemed to fly by. The individuals we support had a busy and fun summer – going on vacations, spending time with family, meeting up with friends and enjoying the numerous community events.

Many of you came out to say hi when we hosted our annual pancake breakfast as part of Glencoe's Tartan Days. In addition to flipping pancakes, a lot of effort was put into our float for the Glencoe Fair parade. The hard work of many hands paid off as it was a winning entry!

With the changes of seasons comes a return to our regular routines. Bringo Bingo is back along with fall fairs and holiday planning.

Staying healthy

Even though we've had beautiful fall weather, we're entering a period where people are spending more time indoors. We've already seen increased levels of illness in our communities.

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To help keep everyone healthy, we're encouraging staff to follow infection prevention protocols. We also remind families and individuals we support to stay home when feeling unwell to limit the spread of illness.

Staffing challenges

For various reasons, it's been a struggle over the last few months to maintain adequate staffing levels. Sometimes we have to make difficult decisions about how support hours are allocated. We're incredibly grateful for the staff who are pitching in and offering to help.

We continue to hire new staff and hope this will relieve some of the pressure for everyone.

Holiday planning

It's hard to believe that Christmas is just around the corner. As you know, we had to cancel last year's Christmas dinner due to a high level of illness in our communities.

We're crossing our fingers and hoping for good health as we plan for this year's Christmas dinner on December 4. Stay tuned for more updates.

If you want to see all the fun activities underway at Quad County Support Services, I encourage you to follow our Facebook page. There are too many to mention in this newsletter!

Linda Long
Executive Director



October is National Disability Employment Awareness Month

To celebrate, we're spotlighting an inclusive local employer.

In this photo is Ivan with owners Mike and Grace. Ivan joined our Youth Transition Program (YTP) when he was 16, doing his work placement at No Frills through the YTP and Glencoe District High School.

Ivan is now working part-time at Mike and Grace's No Frills in Glencoe and is loving his job.

It's exciting to see inclusive business in our Southwest Middlesex community.



Spotlight: A fun summer of connecting!



FACEBOOK PAGE:
Quad County Support Services



Celebrating our Youth

We had a lot to celebrate in October when Ivan and Matthew both received their Certificates of Accomplishment from Glencoe District High School. We're proud to have been part of their youth transition journeys.

Ivan was awarded the Robbie McNaughton Award for a student in their final year of high school who fostered and demonstrated a positive behaviour and attitude of care and concern for their respective community. He did this by personally pursuing volunteer opportunities and fostering the same in others.

Matthew was awarded the Student Entrepreneurial Spirit Award. This award is given to the graduating student who has shown the ambition, skills, abilities and motivation of a young entrepreneur. It honours the student who has inspiration, initiation, commitment and has passionately demonstrated an entrepreneurial spirit. Matthew has written a sci-fi screenplay and is actively looking for someone in the field to read it.

Since graduation, Matthew is doing community engagement work with Casey Shannon from Do Good Things Company. He's also exploring jobs related to voice acting, a career he wants to pursue.



Battling Loneliness and Creating Communities

In October, some staff and community members travelled to London to take part in a world café with Dr. Al Condeluci, an advocate and catalyst for building community capacity as well as leader in understanding social culture. This event was hosted by the Alice Saddy Foundation as part of their annual Susan Shepherd education talks.

Loneliness and isolation are worldwide problems, which cause negative consequences. One solution to combatting these problems, which many people experienced during COVID, is to create more inclusive communities.

The evening's discussion focused on how to create a welcoming and inclusive community where everyone has an opportunity to participate and become active members in areas that they might not have otherwise experienced. We also talked about how

relationships are integral to our well-being.

We were reminded that people can still feel loneliness and isolation, even when surrounded by people, if they have no relationships or connections. It's our job as support staff to help people get connected to their communities so they can develop meaningful relationships. These connections will help improve their overall health.

After much discussion, we left with action items that we can implement right away.

It was a great evening spending time with like-minded people from the Southwest Middlesex Community.

We look forward to more opportunities to collaborate with community partners to grow truly welcoming and inclusive communities in the four counties.

