



## A Message from Beverley John, CEO

As the year ends, we think about all for which we are grateful. Our relationships with our consumers, staff, community partners, Mississauga Halton Local Health Integration Network and Board of Directors are all treasured. Thank you for the opportunity to serve you and work with you. We wish you the gifts of the season – Peace, Joy, Hope.

Oakville MPP, Kevin Flynn visited Nucleus Independent Living on November 25, 2013. Seen here with Beverley John, CEO and the banner received by the Supports for Daily Living Program at the Minister Medal Award (page 2)

Frohe Weihnachten *Feliz Natal*  
*Feliz Navidad*  
 Vesele Vianoce JOYEUX NOEL  
**MERRY CHRISTMAS**  
 God Jul Vrolijk Kerstfeest  
 Buon Natale *Maligayang Pasko*  
**Vesele Vanoce Hyvaa Joulua**

## Minister's Medal – Excellence in Health Quality & Safety



Left to Right) Joshua Tepper, CEO, Health Quality Ontario, Raymond Applebaum, CEO, Peel Senior Link, Kaiyan Fu, CEO Yee Hong, Angela Katunas, CEO, Oakville Senior Citizens Residence, Heather MacArthur, Manager, VON, Karen Aikman, Manager of CSS, Halton Region, Marilyn Daley, Manager, March of Dimes,

Nucleus' SDL Program was a member of the team awarded the inaugural Minister's Medal honouring Excellence in Health Quality and Safety on November 21, 2013 at the Health Quality Ontario Transformation Conference.

“The Supports for Daily Living (SDL) is one of the major programs that pioneered the concept of Home First through implementation of their program and laid the foundation for building community capacity in the

(CSS) sector to accept high risk seniors directly from hospital, and/or help seniors to live independently with supports in the community thus avoiding Long-Term Care (LTC) placement. The program has increased local collaboration between the hospital and community service sectors, influenced revisions to the provincial assisted living policy, and spawned like initiatives across the province”. *Ontario Ministry of Health and Long Term Care website.*

*For more info Visit these websites:*

*Ministry of Health and Long Term Care:*

[http://health.gov.on.ca/en/pro/programs/transformation/minister\\_medal.aspx](http://health.gov.on.ca/en/pro/programs/transformation/minister_medal.aspx)

*MH LHIN website:* [www.mississaugaahaltonhin.on.ca/Page.aspx?id=10986](http://www.mississaugaahaltonhin.on.ca/Page.aspx?id=10986)

## Message from Board Chair, Manny Bettencourt

The Board of Directors recognize all Nucleus staff that made the SDL Program a major contributor in improving services to seniors in the Healthcare system. The Supports for Daily Living program offers personal support, homemaking and

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## We Appreciate Your Feedback

We want to hear from you if you have received exceptional service or if you have comments or suggestions to improve our service delivery. Please email us at [info@nucleusonline.ca](mailto:info@nucleusonline.ca).

## 30th Anniversary Celebrations

The Board of Directors and the Senior Management Team welcomed consumers, founding members, staff and community partners to a wonderful evening celebrating Nucleus' 30<sup>th</sup> Anniversary. Live music, refreshments, delicious international foods and a host of activities gave way to an evening of reminiscing about how Nucleus got its roots to the exciting pathways for the future.

Staff from all four programs joined in the celebrations including Caswell Grant who was a staff member when Nucleus opened its doors in 1983. We were thrilled to have 3 founding members at our celebration; Al Reeves, Garry Stockfish, and Ken Chapman. Many members of the Board and the entire Senior Team were on hand to show appreciation to all those who made the 30<sup>th</sup> anniversary celebrations a huge success.



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## Yard Maintenance Subsidy Program

If you are a senior or an individual with a disability and you require financial assistance with your snow removal costs, we encourage you to apply for assistance by contacting the following:



Oakville – Driveway Snow Windrow Clearing Program- 905-845-6601

Mississauga – Yard Maintenance Subsidy Program - 905-615-4311

Please be reminded that snow removal and yard maintenance is not a service provided by Nucleus Attendants.

## Wheelchair Health to improve independence



Wheelchair exercises are extremely important. Here are some tips to get you going:

**Stay balanced**- it's important that you focus on aspects of fitness including aerobic, flexibility and strength training.

**Stretch it out** – before exercising focus on your upper body muscles. Because you use your arms so much you may be at particular risk for tendonitis.

**Put it in reverse** – wheeling your chair backwards will exercise different muscles than you use moving forward. The more exercise you do the more independent you will feel everyday

**Good nutrition** – This is the other part of the equation for good health. Eat a wide variety of nutrient densities to get the most out of the foods you eat. Follow the national body challenge resources.

Discovery health – Dr. John Whyte [www.health.discovery.com](http://www.health.discovery.com)

## Consumer Advisory Council:

The Consumer Advisory Council meeting took place on Nov. 25<sup>th</sup> at Nucleus' Head Office, 2030 Bristol Circle in Oakville. The development of a new Consumer Handbook was discussed and members provided valuable recommendations for information about Nucleus they felt would be useful for new and current consumers to receive. The next Council meeting will take place in the spring. We thank all members for their participation on the Council; especially the two members from the Supports for Daily Living Program, who are regrettably resigning from the Council. We invite consumers who are receiving services through the Supports for Daily Living Program to express their interest in joining the Council by contacting Laura at 905-829-4499, ext. 127.

## Make a Donation and Make a Difference

**Please see newsletter insert.** Financial donations from individuals or corporations are always welcomed and most appreciated and **are accepted in person or by mail at:**

Nucleus Independent Living  
2030 Bristol Circle, Suite 110, Oakville ON L6H 0H2

Please make cheques payable to: **Nucleus Independent Living**

Charitable Tax receipts are available. Thank you for your support!



Nucleus Independent Living is a non-profit Health Service Provider funded by the Ministry of Health and Long Term Care through the Mississauga Halton Local Health Integration Network (MH-LHIN). To learn more about our services visit [www.nucleusonline.ca](http://www.nucleusonline.ca).