

A Message from CEO/Executive Director, Beverley John



I am very pleased to announce that Nucleus Independent Living received a Three Year Accreditation Award from CARF International.



After an intensive period of preparation we had our onsite Accreditation Survey by CARF International from June 19- 21, 2013. Two professionals spent the three days with us at our Head Office, 2030 Bristol Circle and also our two supportive Housing sites at 2100 Weston Road and 30 Denarda Street. They assured us that this was a peer review process, where they would review, assess and coach during their stay. The onsite survey was comprised of interviews with internal and external stakeholders. Included were our consumers, employees, Board members, peer organizations and funder.

Additionally, they reviewed our Policies, Procedures, Processes and Plans. They provided coaching to staff and leadership when the opportunities presented. The three days went by quickly and we were very pleased with the feedback they provided us at the exit interview. Some of the comments they shared were that they heard and felt the passion and commitment to our consumers from the staff they interviewed; that we were “person centred”; strong, focused and had great energy at all three sites.

I would like to thank our Board of Directors for their leadership and for participating in the on-site survey interviews; to the members of our Consumer Advisory Council who shared their powerful stories with the surveyors; members



Join us on September 30th for our Annual General Meeting and 30th Anniversary Celebration

Join the Nucleus Board of Directors and the Senior Management Team for an evening of entertainment, light refreshments and celebration. 2100 Weston Rd.

Toronto 5:30 - 6:30 – AGM 6:30 – 8:00 -

Healthy Eating for Less Active Adults

Taking steps to improve your nutrition is not just about food choices. It's also about **how** you prepare meals. According to the National Institute on Aging (NIA), older men and women who are not active need only 2,000 and 1,600 calories per day, respectively. Here are some tips:

- Use low-fat versions of your favourite products to greatly reduce calorie/fat consumption, including salad dressings and dairy products.



-Limit the amount of salt you add to your food. Adults over 50 only need up to 2/3 of a teaspoon of table salt each day, including the sodium already included in foods you eat.

-Don't fry foods. Use other cooking methods - Stir-fry, steam, bake & broil

-If you choose to order-in or buy pre-packaged foods, look at portion sizes carefully to determine the caloric intake. This information can be found on the nutrition label on packaged foods.

Resource: symptomfind.com

Tips for Exercising As You Age

Many older adults don't exercise. However, exercise is vital for healthy aging. It helps you maintain your strength and agility, gives your mental health a boost, and can even help diminish chronic pain. Whether you are generally healthy or are coping with an ongoing disability or health problem, regular exercise will help you stay physically and mentally healthy and improve your confidence.

- *Check with your doctor before starting any exercise program.* Find out if any health conditions or medications you take affect what exercise you should choose.
- *Find an activity you like and that motivates you to continue.* You may want to exercise in a recreational group, or prefer a more individual exercise like going for a walk.
- *Start slow.* If you are new to exercise, a few minutes a day puts you well on the way towards building a healthy habit. Slowly increase the time and intensity to avoid injury.
- *Walking is a wonderful way to start exercising.* Exercise doesn't have to be a strenuous activity. In fact, going for a stroll is one of the best ways to stay fit. Best of all, it doesn't require any equipment or experience and you can do it anywhere. Bring along a friend and enjoy the fresh air.



Resource: KinVillage Gazette/August, 2012



NUCLEUS INDEPENDENT LIVING IS TURNING 30!

Nucleus Housing commenced operation in July 1983, providing 24 hour attendant services for 14 individuals who had sustained spinal cord injuries. Nucleus was the first organization created and operated by people with a disability, at that time. In September, 1984 we celebrated our grand opening and were fortunate to have Sir Leonard Cheshire there to officially inaugurate the project.

In 1999, the founding Board members and current Nucleus consumers, Al Reeves (L) and Rick Kinsman(R)

attended a ground breaking for Humberview Housing Co-op 2100 Weston Rd, Nuc 2 (shown above). Al and Rick were founding board members of Humberview, and worked with an accessibility consultant and architects to maximize accessibility of the building and property which helped increase independence for Nucleus consumers and other members of the co-op.

Since that historic day, Nucleus Independent Living maintains two supportive housing sites in Toronto, an Attendant Outreach Program and a mobile Supports for Daily Living Program. Our work is designed to achieve one final goal - to allow people who require assistance with daily living the opportunity to live independently in the community and become active, functioning, self-sufficient members of society.

Thanks must go out to the many individuals, staff and to past and present Board and Committee members, who have dedicated their valuable time and knowledge to our effort.



Rolling out our Strategic Plan for 2013 - 2016

We are happy to announce the completion of our 2013-2016 Strategic Plan. To see the Plan please visit www.nucleusonline.ca or call us for a copy to be sent to you. 905-829-4499

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.

We appreciate your feedback and are committed to listening to our consumers. Also, let us know if you like the newsletter. Are there subjects you would like us to address? Please email us at info@nucleusonline.ca.



Be Careful of Investment Scams

Investment scams are often so professional, slick and believable that it's hard to tell them apart from genuine investment opportunities. They can come to you via a phone call, letter or email. It may even be an offer from someone you trust.

There are three main types of investment scams:

- The offer is totally fictitious and does not exist
- The offer exists but your money is not going towards the investment
- The offer is falsely representative of a well-known investment company.



In all cases your money goes straight into the scammer's bank account and not towards any real investment. Scammers may use phrases like 'tax free benefits', 'inside information' and 'guaranteed returns'. Don't buy into this. Do your own research. Always ask the person offering you an investment opportunity these questions to check their legitimacy:

- What is your name, what company do you represent and who owns the company?
- Does your company have a Canadian Securities Regulatory licence and what is the licence number?

Make a Donation and Make a Difference

Donations are an important part of our operation and assists us in providing quality services. 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.