

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.



Food Safety for Older Adults

As we age, it becomes harder for our immune system to fight infections. This means that older adults can become seriously ill if they eat contaminated food. If you are over the age of 60, you should take extra care when handling, storing, and preparing food and avoid consuming certain high-risk foods.



Type of Food	Food to Avoid	Safer Alternative
Hot dogs	Hot dogs straight from the package without further heating.	Cook to a safe internal temperature. The middle of the hot dog should be steaming hot.
Deli meats	Non-dried deli meats, such as bologna, roast beef and turkey breast.	Dried and salted deli meats such as salami and pepperoni. Non-dried deli meats heated throughout to steaming hot.
Egg and egg products	Raw or lightly cooked egg or egg products, including salad dressings, cookie dough or cake batter sauces.	Egg dishes thoroughly cooked to a safe internal temp. Eggs should be cooked until yolk is firm
Meat and poultry	Raw or undercooked meat or poultry, such as steak tartare.	Meat and poultry cooked to a safe internal temperature.
Seafood	Raw seafood, such as sushi. Raw oysters, clams, and mussels. Refrigerated, smoked seafood.	Seafood cooked to a safe internal temperature of 74°C (165°F). Cook until the shell has opened. Smoked seafood in cans that do not require refrigeration until after opening.
Dairy products	Raw or unpasteurized dairy products, including soft and semi-soft cheese, such as Brie, Camembert & blue-veined cheese.	Pasteurized dairy products, hard cheeses such as Colby, Cheddar, Swiss, and Parmesan.

For more information visit Health Canada at www.hc-sc.gc.ca

Congratulations Kelly McDonald, Manager of Human Resources

Kelly McDonald received the John Huether Award for Volunteer Excellence, for demonstrating an exemplary commitment to the voluntary sector through sharing her expertise; having devoted an abundance of time; and for showing exceptional leadership through example and for being a significant contributor to the team and the community. This was given out for all of Mississauga, Brampton and Caledon areas by Volunteer MBC.



A Message from CEO/Executive Director, Beverley John

A few weeks ago, we thought that winter would never end but Spring has finally arrived and with its arrival; smiles from everyone, songs from the birds and a renewal and recommitment of our role as a health service provider. We embarked on the renewal of our Mission, Vision, Values, Strategic Priorities and Goals during the winter months. That work is almost completed and we will be pleased to share all with you in our next newsletter. Your responses to our Stakeholders Survey were invaluable as we developed our Strategic Plan for the next 3 years. That said, we are currently focused and getting prepared for our first Accreditation Survey. We are excited to be embarking on this peer review process. The rigorous self-evaluation we undertook over the past several months has inspired us to review our systems and processes and make improvements where needed. These continual system improvements positively impact the way our organization operates. We are expected to demonstrate conformance to set accreditation standards. We look forward to the survey and discussion with our peer surveyors from Philadelphia and Toronto. We will share our survey results in our next newsletter.

Survey Team Coming Soon

A survey team from CARF International will be visiting on **June 19 - 21, 2013**

We invited the surveyors to evaluate how well we meet international standards for quality. The survey will tell us what we are doing well and ways we might improve. As a result of this survey, we may earn or continue accreditation. If you would like to talk with one of the survey team members or want to learn more about CARF International, please let one of our staff members know.

Congratulations to our Staff for Long Service Achievement in 2012

5 Years

Aderonke Apata
Donna Thomas
Delvena Pollard
Merlene Rawlins
Marlene Thomas
Lisa Gammage

10 Years

Mary Lindsay
Winston Dawkins
Yvonne Hodge

20 Years

Nelson Daquiz

25 Years

Salvador Romero
Alwyn Archer



Alwyn Archer, Care Coordinator (25 yrs) and Beverley John, CEO

ASPIRE TO EXCELLENCE

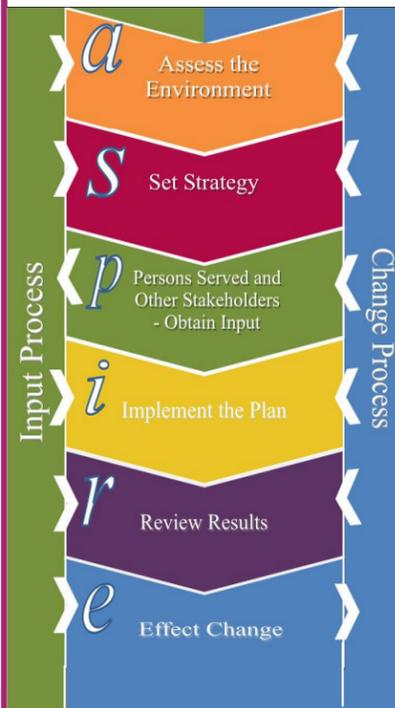
ASPIRING To Excellence.

Accreditation Update

Over the past year we have been updating you on our Accreditation Process. Each newsletter will highlight one of the letters in the acronym **ASPIRE** and the activities that take place to accomplish each letter. So let's wrap up with **R and E**.

Review Results – Nucleus sets specific, measurable goals and tracks performance so our organization can determine the degree to which we are achieving the desired service outcomes for our consumers.

Effect Change – Our survey evaluation will drive Nucleus to engage in a dynamic, proactive process to review, renew, or revise our strategy while ensuring alignment of our purpose, service and business practices.



NUCLEUS INDEPENDENT LIVING IS TURNING 30!

We've come a long way!

The founding consumers of Nucleus Housing held their first meeting in February of 1982 and incorporated in August of the same year.

In 1999 Nucleus was successful in expanding its efforts and expertise in attendant services to the Mississauga and Brampton area through an attendant outreach program. This model of service is similar to our traditional supportive housing model but it services eligible consumers throughout a mobile model to geographical area as opposed to a bricks and mortar setting i.e, apartment building.

Over the past 30 years Nucleus is known for accomplishing significant growth and developing innovative community service models. This includes opening and maintaining two supportive housing sites in Toronto, an attendant outreach services program, an in-home respite Caregiver ReCharge 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 Board and Committee members, who have dedicated their valuable efforts and knowledge to our effort. Stay tuned for the date of our 30th Anniversary celebrations.

Author: Al Reeves, Consumer and Past Chair, Nucleus Independent Living Board of Directors



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!

Wheelchair Safety Tips for Consumers and Caregivers



Regular Maintenance of wheelchairs is very important for the safety of consumers and their caregivers. Here are some safety tips to help Keep your wheelchair in good repair and prevent accidents malfunctions.

- Always lock the brakes before getting in and out of the wheelchair. On power wheelchairs, always turn the power off before transferring.
- Don't pull backward on doors or other objects when sitting in a manual wheelchair. A door could suddenly release and you could tip over backwards.
- Lift the footplates up before getting in or out of the chair.
- If you have a wheelchair with removable arm or leg rests, make sure they are secure by lifting the arms and gently trying to swing the leg rest away from the chair. Do this before each use.
- Avoid putting heavy loads on the back of a wheelchair. This could cause the chair to tip over backwards.
- Keep loose objects or lap cover away from the wheel spokes.
- Beware of caster flutter. This is the side to side motion of the caster which usually happens at high speeds. If the casters flutter, replace them immediately.
- Avoid riding in the rain. Wheelchairs are not waterproof and it is not safe. Controls get wet on power chairs and wheels lose traction on wet ground.

Source: Government of Missouri Wheelchair Safety