

## Mission, Vision and Values

### Mission

Nucleus enables adults who require physical assistance in their daily activities to live independently in their own homes by providing individualized support service solutions.

### Vision

Leading with solutions, serving with excellence

### Values

Quality & Safety  
Collaboration  
Respect  
Accountability

## Exercise at Home

### Sitting Single Leg Raises

To strengthen hip flexor muscles and tone lower abdominal wall. Sit erect, hands on side of chair seat for balance, legs extended at angle to floor. Raise left leg waist high. Return to starting position. Suggested repetitions: 10-15 each leg.



## Healthy Snacks - Fresh Fruit Salad

Serve with natural or flavoured yogurt. (Serves 1)

- 1 apple, peeled, cored and cut into cubes
- 1 orange, peeled, deseeded and cut into chunks
- 1 kiwi, peeled and cut into chunks
- 6 seedless grapes, cut in half
- 1 orange, juiced

1. Mix all the fruit together in a bowl and mix in the orange juice.

### RECIPE NOTES

- Fruit salad can be made an hour in advance and left to chill in the fridge.
- This makes a good breakfast if you don't feel up to eating something more substantial.
- Don't worry if you can't find one of the fruits included in the recipe - it will still be a lovely dessert.
- You can also add some drained tinned fruit to this salad or try fresh strawberry or banana slices (add the banana just before serving or it will go black).
- **Don't substitute raspberries** or any fruit with seeds.



# Nucleus News

April, 2012

## A Message from Nucleus Independent Living Executive Director

We are pleased to provide you with our first newsletter of 2012. I cannot call it our spring newsletter since we hardly had a winter. But instead lots of lovely spring days between January and March. That said, it has been an eventful three months for us. We added many more consumers to our service roster and built even stronger collaborative ties with our community partners. The need for providing quality services in the community has never been greater as our population ages and health care resources shrink. Through commitment from our staff and our Board of Directors we continue to make a positive difference in the lives of those we serve.

Beverley John



## Consumer Satisfaction Surveys We value your opinion!

Very soon your Service Attendant will be bringing you a Consumer Satisfaction Survey. We are interested in your opinion and would appreciate your feedback on the attendant services we provide to you. Please take a moment to complete the attached survey and return it to us in the self-addressed envelope. We want and need your feedback to ensure we provide the quality services you expect. We look forward to hearing from you. Surveys are due back to Nucleus by April 16/12. If you would prefer to complete an online survey email-[info@nucleusonline.ca](mailto:info@nucleusonline.ca)

## Congratulations to our Staff for Long Service Achievement in 2011

### 5 Years

Kay Blache  
Allison Bobb  
Joy Evans  
Gloria Barrett  
Aeshurie Chakalal

### 10 Years

Yonette Benn  
Agnes Yeboah  
Linda Madray  
Rodney Sookram  
Maryann Morris  
Heather Kennedy  
Jean Henry  
Oshorenu John

### 15 Years

Suzy Duff

### 20 Years

Chit Manalang  
Hyacinth Pinkney  
Dail Ifill  
Harry Basdeo

## The Nucleus Consumer Advisory Committee is looking for Members

The Nucleus Independent Living Consumer Advisory Committee will be in operation in May, 2012. Members of the Council will represent all three Nucleus Programs and provide an opportunity for engagement in health services planning with Nucleus. The Council will meet 3 times per year. Teleconferencing into meetings is possible for consumers who would like to participate but are unable to attend meetings in person. If you are interested in volunteering your time for this important endeavour, please contact us for more information at 905-829-4499, ext. 127



## Donations are ALWAYS appreciated.

Nucleus Independent Living has been providing services to persons with disabilities and high risk seniors in their homes in Toronto, Peel and Halton for over twenty five years. 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.

**We greatly appreciate your generosity!**



**Financial donations 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!

## ASPIRING To Excellence. Gearing up for Accreditation



Accreditation is a process that provides a means of ongoing self evaluation and continuous systems improvement for service delivery. It's a multi-step process that includes a site survey by an international not-for-profit organization - CARF; having current policies and procedures; self evaluation against the CARF standards and accreditation conditions that are applied before, during and after the survey to obtain or meet accreditation.

Nucleus Independent Living is a non-profit Health Service Provider funded by the Mississauga Halton Local Health Integration Network (MH-LHIN). To learn more about our services please visit [www.nucleusonline.ca](http://www.nucleusonline.ca) or email us at [info@nucleusonline.ca](mailto:info@nucleusonline.ca)



## Spring has Sprung

### A reminder about Nucleus services

With all of the flowers in blossom and grass ready to sprout we've been asked if our attendants will provide gardening, lawn mowing and spring cleaning services. Unfortunately these services are not provided by Nucleus attendants.

## Heart Attack Warning Signs

Learn to recognize the signs of a heart attack so you can react quickly to save a life.

**CHEST DISCOMFORT:** uncomfortable chest pressure, squeezing, fullness or pain, burning or heaviness.

**SHORTNESS OF BREATH**

**SWEATING**

**NAUSEA**

**LIGHT-HEADEDNESS**

**If you experience any of these signs, call 9-1-1 immediately.**