



CONNECTING OUR COMMUNITY

A Madawaska Valley Association For Community Living Publication
19491 Opeongo Ln. Barry's Bay ON
(613) 756-3817

January 2023

Santa joined us for our annual "Mingle Jingle". This year a Secret Santa gift exchange was organized by Kaitlynn. Participation among supported people and staff was at an all time high.



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COMMUNITY EVENTS

Everyone enjoying their time at
the Hunter's Dinner in Combermere



Jessica and Richard participated in
Champlain Garden's Door Decorating Contest



Matthew and Rhys enjoying
the Magic of Lights in Ottawa





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Welcome New Staff!

NEW!

We would like to welcome Courtney McAfee and Kalie McCormack to the MVACL team.



We would like to congratulate Amber Dombroskie on the birth of her baby boy. Also big congrats going out to Melissa Gogolin on the birth of her son.



Our Strategic Planning Committee and Stakeholder Groups working together on our next Strategic Plan



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Health & Safety



MVACL's JHCS would like to share with you the following article from PSHSA website. To view the entire article please go to the link provided:

[https://terraform-](https://terraform-20180423174453746800000001.s3.amazonaws.com/attachments/ck5ieh3f923ubv2m8lc0b4n02-pdf-mindfulness-part-two-updated-hehfcben0220.pdf)

[20180423174453746800000001.s3.amazonaws.com/attachments/ck5ieh3f923ubv2m8lc0b4n02-pdf-mindfulness-part-two-updated-hehfcben0220.pdf](https://terraform-20180423174453746800000001.s3.amazonaws.com/attachments/ck5ieh3f923ubv2m8lc0b4n02-pdf-mindfulness-part-two-updated-hehfcben0220.pdf)

HOW MINDFULNESS WORKS

Mindfulness is a state that involves the self-regulation of attention, allowing you to focus on the present moment and experience thoughts and sensations objectively, with curiosity, openness and acceptance, with the ultimate goal of controlling your reaction to those thoughts and sensations. The more you practice mindfulness, the better it works, and the greater the benefits.

PRINCIPLES OF GOOD MINDFULNESS PRACTICE:

- Paying attention to the moment-to moment details of experience
- Paying particular attention to the body and one's experience of it
- Recognizing the experience of mind and not getting caught in memories of the past

or

- Trying neither too much nor too little
- Trying neither too much nor too little
- Letting go of distractions and paying attention to the present moment
- Noticing one's experience without judging it

BENEFITS OF MINDFULNESS Various research studies have attributed the following benefits to mindfulness:

- Better stress management
 - Improved quality of sleep
 - Improved the immune function
 - Better attentiveness and ability to read sensations
 - Better ability to focus
 - Improved body awareness
 - The awareness that gives us the sensation of what's going on inside our body
- e.g.
- Full bladder
 - Emotion regulation
 - Better perspective of the self, increased confidence level



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HR Happenings....with Janice Henry

MVACL is looking to recruit new employees to compliment our team. YOU can be part of the solution! Every employee, family member, associate, acquaintance, stakeholder, and community member has the potential to be a "recruiter." If you are reading this article right now, you can play a role in helping us recruit new staff to our team. Some of the best recruitment strategies are employee referrals and word of mouth.

How can you help us recruit? Please take a moment to think of those you know. Do you know someone who is looking to start a career, or is looking for part-time employment? Maybe you know someone who wants to share their skills and give back to their community.

Madawaska Valley Association For Community Living is looking for people with the following skills and abilities:

- Advocate for others
- Collaboration
- Creative Problem Solving & Decision making
- Fostering Independence in others
- Initiative
- Interpersonal Relations and Respect
- Resilience

**WE CAN'T HELP
EVERYONE, BUT
EVERYONE CAN HELP
SOMEONE.**
- RONALD REAGAN

If you are aware of someone who you think would make a positive addition to our team, please have them reach out to Janice Henry, HR Generalist at 613-756-3817, ext 203, or by email at HR@mvaccl.ca. Please encourage persons with the above skills and abilities to pursue an employment opportunity MVACL.



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From the Executive Director

WELCOME 2023!

What will the new year bring? We anxiously await the arrival of our 2023-2025 Strategic Plan that so many of you kindly took the time to contribute to. This will be shared with everyone as soon as the final draft is approved. We're excited to explore creative and different ways to provide the best services possible.

We have welcomed many new staff over the past year and look forward to new energy and resourceful ways of continuing our work. We're grateful for the many experienced staff who have and will continue to welcome new staff and share with them their experience and knowledge.

It is our work, to help those we support realize their dreams.

This month, on Martin Luther King Jr. day, I paused to remember his "I have a Dream" speech. People everywhere still struggle to make this dream a reality; his dream of civil and human rights.

In our daily work, we can find purpose by finding ways, big and small, to fight discrimination of all kinds.

MLK said "we must make the pledge that we shall always march ahead. We cannot turn back."

In what way, can you, today, make a difference?

Wishing everyone a happy & healthy year ahead....

Monica

Stay tuned for our 2023 - 2025 Strategic Plan.....



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Message From the Board...

Hello to everyone!

It's crazy how quickly we find ourselves in the middle of January.

My Facebook friend Sylvia Hinrichsen has pointed out that as of the 15th we have gained 4 minutes in the morning and 26 minutes in the evening and the dark days of winter will be gone in 66 days.

Every start of that new calendar brings out all the usual activities. Taking a backward look at where and what we did and what we'd like to improve upon in 2023. Looks like fuel for vehicles, animals and people will continue to be more costly than we budget for. Makes it tough to eat healthier.

One resolution that should be as close to free as it can get is to move a little bit more every day. This is my personal one this year. The old hips and feet seem to have developed the older persons nemesis called arthritis. Oh joy! Who's getting older?

One other resolution that comes to mind, that costs little, is to be **kind**.

Sometimes it can bring unexpected rewards!

To Monica and her Admin team – I do not know how each of you can improve upon what you have accomplished in 2022. Many kudos to you all.

On behalf of the Board of Directors I extend out best wishes for a happy, healthy, well-balanced, kinder year in 2023. May everyone find fulfillment in all you do.

Bridget