



The Brockville and  
District Association  
for Community Involvement

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# TOUCHING BASE

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**Support Worker Newsletter**

**November 2016**

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This time of year can often be a time for deep reflection. As we approach the end of the year, we are surrounded by the absolute beauty of fall colours, the celebration of Thanksgiving and all that we are thankful for. We also take time to remember those who have fought for and lost their lives and for those who still fight today to give us our freedom. Looking ahead, we anticipate the beauty of the upcoming season and enjoying time with family and friends while celebrating the holiday season. Often it is the time of year we really stop to pause and think about what we have done or can do for others to make their lives a little brighter and we consider plans for the New Year to better our own lives.

Wherever you are or whatever you may be celebrating, please also take time to reflect on the journey that you have been on with the individual(s) you support. What new experiences have happened with or for the person you support? What new ideas are being planned for the upcoming year? How have you grown in your role as a support worker? What might you need from a supervisor or co-worker to be able to stretch and grow? How will you help to meet the goals and aspirations that the person you support wants to attain?

We have the privilege of having Darcy Elks join us this month for our support worker training. At this event, she will be teaching on Nurturing Our Spirit. Although, working with people is a very rewarding and meaningful career, we can all face times when challenges arise and we become discouraged or uninspired. During our time with Darcy, we will have the opportunity to reflect and renew ourselves through her presentation, personal reflection and discussions with each other.

If there are opportunities that you have helped someone obtain, such as starting a small business, or creating a social group and you have consent to share that story, we would be happy to include it in the next edition of the Touching Base Newsletter. The purpose of the newsletter is not only to send out necessary information for support workers, but to give everyone a chance to share success stories. It is an opportunity to encourage and inspire colleagues who may just be starting out in their role as a support worker or ignite new ideas for someone who has been working for many years.

We would like to thank everyone for your continued hard work and dedication. We recognize that support is not only provided to the individuals and families you support, but also to the community. Each and every day you help improve societal attitudes and show positive ways in which we can all contribute to our *communities*.

*“Renewal requires opening yourself up to new ways of thinking and feeling”* Deborah Day

Crystal Dietschweiler

## Join us in supporting the United Way of Leeds and Grenville

The goal behind these fundraisers is to help generate funds for our local United Way, which in turn helps families that are facing barriers in accessing opportunities in our community.

### Ways you can contribute

Payroll deductions, in person, online, or mail, attend one of our events for the United Way of Leeds and Grenville.

Outcomes of your donations in our community are: employment, engagement in learning, connectedness and community involvement, personal, emotional & physical well-being.

BDACI has a few events planned for November and December

Hope to see you there!!

Christmas Raffle tickets are available at the office  
Tickets are \$2.00 each draw date is December 16/16

1<sup>st</sup> Prize \$2000.00  
2<sup>nd</sup> Prize – 40" Samsung Smart TV (value \$550)  
3<sup>rd</sup> Prize 30 000 BYU Propane/Charcoal BBQ (value \$300)



**Brockville and District Association For Community Involvement**

**Come Support your Local United Way BAKE SALE**

**LOCATION:**  
BDACI Office  
2405 Parkdale Avenue, Unit #1  
(1000 Parkdale Avenue (E), at the corner heading to Road 1000)

**DATE:**  
Thursday November 24<sup>th</sup>, 2016

**TIME:**  
11:00 a.m. – 2:00 p.m.

All proceeds will be donated to the United Way of Leeds and Grenville.

If you have any questions, please contact the office at (853) 345-8092 or Melissa Lattimer at general.leads@myhighspeed.ca or Amanda Forshaw at center.leads@myhighspeed.ca



**SUPPORT THE UNITED WAY** Leeds United Church Hall

**Brockville and District Association For Community Involvement**

**Pancake Breakfast**

Includes: Pancakes, Sausages, Beans with Coffee/Tea or Juice

**Saturday December 3<sup>rd</sup>, 2016 7:30 a.m. - 11:30 a.m.**  
Lyn United Church 12 Perth St. Lyn, ON K0E 1M0

All proceeds will go to The United Way of Leeds & Grenville to support their work in the community by helping individuals and families achieve their goals.

This also includes bringing power support to their clients, energy conservation.

**Early Bird Tickets \$5**

Maximum of one per household

**United Way**

Tickets can be purchased at the BDACI Office 2405 Parkdale Avenue, Unit #1 Brockville, ON K6J 9K2 www.uwleeds.com

Please RSVP for your table by November 28<sup>th</sup>, 2016 to: Melissa Lattimer (853) 345-8092 or Amanda Forshaw (853) 345-8092

## Driving Tips for the Fall and Winter

1. With temperatures going up and down, check tire pressure to ensure they have the appropriate amount of air. As well, check tread depth on tires – Are they safe?
2. Check taillights, headlights and signals – Are they all in working order?
3. Wet leaves and frost can cause slippery patches on the road making it feel like you are driving on ice. Use caution when driving, especially during the early morning and evening.
4. If there is an increase in the amount of rainfall, slow down and avoid hydroplaning
5. Sun glare, fog and twilight make visibility more of a challenge while driving. Be aware of cyclists, pedestrians, deer crossing etc.

For additional suggestions, visit the Ministry of Transportation website at: [www.mto.gov.on.ca](http://www.mto.gov.on.ca)



### Do You Know Someone Who...

Is valued based and recognizes  
the importance of valued roles  
for all

Is Community focused

If so, they may have an interest  
in submitting a resume to BDACI

Interested applicants can send  
resumes to  
[crystal.bdaci@ripnet.com](mailto:crystal.bdaci@ripnet.com)



**If you haven't been to the office  
in a while, you may not have known that  
we welcomed three new Coordinator's;**

**Michael Stanley,**

**Laurelle Avery and Desiree Jenkins**

*To improve is to change; to be perfect is to change often*    *Winston Churchill*

*Never believe that a few caring people can't change the world. For, indeed, that's all who ever have*  
*Margaret Mead*