

# Cheshire Chat

Spring 2024 Edition



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[Employment Opportunities](#)  
[Everyday Dreams Fund](#)  
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3 Year Accreditation Recipient



## Annual February Fitness Challenge

Our Annual February Fitness Challenge was a success! Our participants tracked and submitted their daily fitness minutes for a grand total of 11,901 minutes of exercise outside of work! Way to go!

## Budweiser Gardens Partnership

We are excited to have partnered with Budweiser Gardens to offer all of our employees discounted rates on select events. Please keep an eye out for the email updates as well as the posters that will be in every program with all the information.

## Annual Water Fun Day

Please stay tuned for more info about our Annual Water Day this summer!

## Wellness Committee Recruitment

We are looking for 1 County Personal Attendant and 1 County Team Assistant to join our committee and an email has been sent to all employees with details.



[Need something fun to do in your community?](#)  
Check out these free and low cost events!

[Spring 2024 \(April, May, June\) event listings](#)

[Spring Health & Safety Tips](#)



## Smoke Alarm and Carbon Monoxide Detectors

With Spring around the corner, it's also wise to check and inspect your home's smoke alarms and carbon monoxide detectors.

It's important to listen for specific beeping and chirping sounds, both of which have distinct tones signifying potential issues such as emergencies, low batteries, or device replacement.

Having a strategically placed fire extinguisher within reach of the kitchen or other cooking areas is also recommended

## Outdoor lighting

When illuminating front-porches, walkways, driveways and other outdoor areas, spring is the perfect season to check for missing or inactive light bulbs. Ensuring there is proper lighting indoors and outdoors ensures everyone can see possible hazards to help prevent an injury.

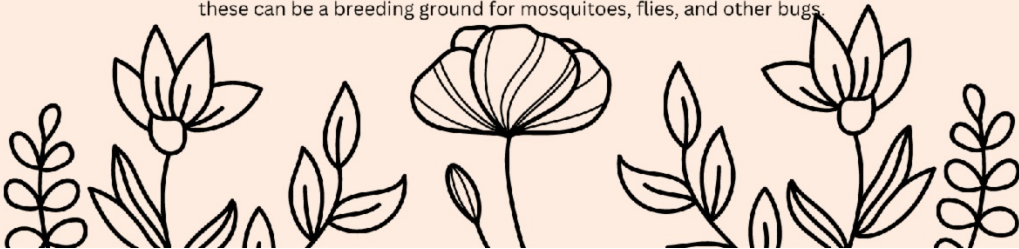


## Spring Cleaning

Spring is a great time to freshen up your home indoors and outdoors.

**Indoor cleaning:** to help limit the possibility of a slip, trip or fall remove clutter that may have accumulated during the winter. In home deep cleaning areas can help to reduce fire risks and ensure unwanted pest do not have a place to hide.

**Outdoor Cleaning:** To avoid overgrown or dead shrubs, trees, and hedges, it's best to regularly maintain these areas. Failure to maintain outdoor areas can also lead to possible rodent infestations. Check windows and doors for any open or uncovered areas attracting these pests. It's also recommended to remove any stagnant water from bird bath bowls, buckets, gardens, and puddles. If not addressed, these can be a breeding ground for mosquitoes, flies, and other bugs.



**[Welcome to the Cheshire Team!](#)**



**Diana T., Director of Finance  
Cheshire Independent Living  
Services/Dale Brain Injury Services**

Originally from the former Soviet Union, Diana went to university to study engineering with a business undergrad. Due to the collapse of the Soviet Union and the decline of the economy resulting in lack of jobs in engineering, she moved into the world of business and finance. With a master's in economics she moved to the USA as a student with a scholarship to obtain a second masters. Following that she returned to Armenia.

Diana and her husband of over 20 years, who she met in Israel, came to Canada in 2003 and in 2004 they moved to London. She shares her home with her son, daughter and their cat Fiona.

During Covid, Diana and her son signed up for karate. They both earned their Black Belt this past December - what an amazing accomplishment! In her spare time Diana likes to cross stitch and knit. She also shared that she enjoys traveling - meeting people, learning different cultures and languages. Diana can speak 4 languages: Russian, Armenian, Hebrew and English. Some highlights in her career as a senior financial officer, have been working with Compass Group of Canada, Gateway Casinos and London Middlesex Community Housing.



**Lee-Ann C.,  
Human Resources Coordinator  
Cheshire**

Originally from Belle River (just outside of Windsor) Lee-Ann moved to Strathroy in the 90's before coming to London in 2010.

Lee-Ann's Human Resources journey includes experiences as a Human Resources Assistant/Office Administrator with a focus on recruitment and onboarding. Her most recent role of 10 years progressed from Administrative Assistant to a stronger focus on duties in Human Resources.

Lee-Ann shares her home with her partner of 30+ years Marlon and her 2-year-old cockapoo named Pippa. She has two sons Austin & Cole. In January of this year Austin and his wife welcomed Lee-Ann's first grandchild Myles.

When she is not working, Lee-Ann shared she is an avid reader and can be found most weekends in the summer enjoying her trailer in Port Franks. Lee-Ann loves to travel to warm weather resorts in the winter, it is an absolute must for her!

### **Let's Go Home (LEGHO) program**

Initially piloted as Bundled Services in 2020, Ontario Health West funded LEGHO program in December 2022.

LEGHO is aimed at improving the hospital discharge experience for Adults with Physical Disabilities and High-Risk Seniors who have been hospitalized in London-Middlesex. Returning home after an illness and long hospitalization is stressful. LEGHO Community Service Planners help the individual and their caregivers to navigate communication and referrals to community-based services. Intended to reduce stress, financial burden and improve food security the



program is funded to offer rides to follow up appointments, offers frozen meals, the Home Help program and caregiver support. The Community Service Planners offer follow up for four to six weeks and connect the client for long term supports through the CSS Central Intake or Home and community Care as appropriate.

The LEGHO program operates in collaboration with London Health Sciences Centre – Victoria and University campuses, St. Joseph's Health Care - Parkwood Institute, Strathroy General Hospital, Home and community Care Support Services, VON, Meals on Wheels, Dale Brain Injury Services, McCormick Dementia Services and many other communities Support Service providers in London and Middlesex.

To date the LEGHO Team has supported 551 clients being discharged from hospital since April 1<sup>st</sup> 2024. The London Middlesex LEGHO team consist of four full time Community Service Planners, one Administrative Assistant, and the Manager of Community Supports internally and three part time Community Service Planners from Dale Brain Injury Services, McCormick Dementia Care and VON.

Together, we are making a difference.

If you would like to receive more information about LEGHO services or LM Central Intake Services please give us a call at 519-673-6616 or email at [lmcssintake@cheshirelondon.ca](mailto:lmcssintake@cheshirelondon.ca).

Our Attendance Initiative **"Make the Days Count"** continues and we would like to take this opportunity to congratulate the winners for this quarter!



Did you know that Cheshire provides staff with an easy way to give back to our Everyday Dreams program? You can designate any amount to be automatically donated from your paycheck.

Just think - if every employee donated just \$1 each pay the Everyday Dreams Fund that would be over \$300 per pay and over \$7800 a year. A little goes a long way!

To sign up for payroll deductions, please speak to your Program Manager to complete a Payroll Authorizations & Deductions form.

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