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3 Year Accreditation Recipient

## WELCOME SUMMER!



### Cheshire Clothing E-Store is open!

We are pleased to announce that the Cheshire Spirit Wear E-Store is open for shopping for the month of July!

**Please click here to go to the website:**

<https://positiveidentity.com/cheshire/>

Please make sure to fill out all of the fields on the order form. Once you have submitted your order, you will receive an order confirmation in your email.

*(If you do not see this order confirmation in your email, please check your junk folder)*

**The deadline to place your order is August 1, 2024.**

### TIPS for keeping yourselves COOL

**Dress For The Heat.** Wear lightweight, light-colored clothing. Light colors will reflect away some of the sun's energy. It is also a good idea to wear hats or to use an umbrella. Also wear sunscreen to prevent sunburns. Take extra breaks and care if you wear personal protective gear or clothing.

**Drink Water.** Carry water or juice with you and drink continuously even if you do not feel thirsty. The recommended frequency is 1 cup every 15 minutes. Avoid alcohol and caffeine, which dehydrate the body. If you know you will be working outdoors during the day, start drinking water early. By the time you feel thirsty, you are already beginning to dehydrate.

**Drink Fluids With Salts And Ions.** Commercial sports drinks, such as Gatorade, also replenish your body with needed salts, such as sodium and potassium that you may lose when you sweat. This can help avoid heat cramps.

**Eat Small Meals; Eat More Often.** Avoid high protein foods which increase metabolic heat.

**Slow Down.** Avoid strenuous activity. If you must do strenuous activity, do it during the coolest part of the day, which is usually early in the morning.

**Stay Indoors Or Under The Shade When Possible.**

Take Regular Breaks when engaged in physical activity on warm days. Take time out to find a cool place – under some shade or in an air-conditioned vehicle. If you recognize that you, or someone else, is showing the signals of a heat-related illness, stop the activity and find a cool place to rest and re-hydrate. Remember, stay cool!



**Resources:**

Windsor Star, <https://windsorstar.com/news/local-news/southwestern-ontario-hospitals-confirm-patient-data-compromised-in-cyberattack>  
News.ontario.ca/en, <https://news.ontario.ca/en/release/1004582/ontario-strengthening-cyber-security-and-protecting-people-online>

## London Middlesex Community Support Services

### Did you know?

As the Lead Agency in London and Middlesex, Cheshire provides a Central Intake for individuals to access Community Support Services. The Central Intake Team is able to assess and link individuals to the services provided by 20 community support organizations across London and Middlesex. Clients and caregivers will be able to inquire and register for multiple community support services with just one phone call avoiding the need to repeat their story to each organization individually.

Community Support Services in London and Middlesex focus on promoting independent living through prevention, early intervention, self-management, health and well-being services for older adults 55+, persons with disabilities, brain injury, or dementia. Community Support Providers in London and Middlesex work together to deliver the services that assist individuals in their day-to-day living.

In 2023/2024 London and Middlesex Central Intake connected 2276 individuals to much needed services and provided information to additional 1236.

If you or your loved ones are interested in more information or connection to any of the following services please contact **LM CSS Central Intake at 519-673-6617 ext. 291**

Our Community Partners include:

Alzheimer Society Southwest Partners  
BGC London  
Craigwiell Gardens  
Dale Brain Injury Services  
Dearness Home Services  
Four Counties Health Services  
Hutton House  
John Gordon Home/Regional HIV/AIDS Connection  
London InterCommunity Health  
McCormick Dementia Services  
Meals On Wheels London  
Over 55  
PHSS Medical and Complex Care in the Community  
Salvation Army  
St. Joseph's Hospice of London  
Southwest Ontario Aboriginal Health Access Centre  
Spinal Cord Injury Ontario  
Third Age Outreach  
Trinity Place  
VON Middlesex-Elgin

We also receive referrals from Home and Community Care Support Services



# Cheshire History Timeline

Celebrating 45 Years! 1979-2024



Beginning in 1975, through the vision of the Action League for the Physically Handicapped, and led by Nancy Skinner, the Cheshire dream was born. Incorporated in 1976, the first doors opened on June 23<sup>rd</sup> 1979 with an 8-bed group home.

## New Beginnings

Supportive Housing continued to expand in London and into the counties with Belmont St. in London (1994), St. Thomas and Stratford sites in 1999 and early discussions for Woodstock, which eventually opened in 2001. Cheshire also participated in planning which became the foundation for Direct Funding in Ontario in 1994.

## Development

Cheshire extended services to high risk seniors in 2010, implementing service delivery to a Hub model. In 2015, allowed us to provide community-based assisted living services, and in 2018 we became the Lead Agency for Community Support Services in London Middlesex. Cheshire successfully achieved Accreditation in 2014 and remains fully accredited today.

## Transforming Care

Cheshire continues to be the voice of change at system tables both locally and provincially - bringing the voice of our staff and consumers to the forefront; identifying new opportunities and driving forward ideas which will promote and re-define community-based care for future generations. We can't wait to see what comes next!

## System Change



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

**Cheshire**  
independent living services

### Congratulations to our "Make the Days Count" Draw Winners

**Audrey E, Huron Personal Attendant**  
Winner - "Make the Days Count" PA & TA - \$500

**Elena S, Program Manager, LHUBs**  
Winner - "Make the Days Count" Admin - \$100

**Next Draw: July 2024**  
(covers perfect attendance for the months of April, May, June)

**"DON'T COUNT THE DAYS; MAKE THE DAYS COUNT."**  
- MUHAMMAD ALI

thank you!  
For Making the Days Count



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.

Cheshire | 2-1111 Elias Street | London, ON N5W 5L1 CA

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