

Cheshire Chat

Winter 2023 Edition



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3 Year Accreditation Recipient



On behalf of the Wellness Committee, Cheshire and the Boys and Girls Club, we wanted to send out a HUGE thanks for all of the donations to the Koats for Kids drive.

This morning we dropped off an SUV full to the Boys and Girls Club!

Together we collected:

- 42 coats
- 9 pairs of snow pants
- 3 pair of boots
- 27 hats
- 4 neck warmers
- 28 pairs of mittens
- 5 ear warmers
- 20 scarves

That's a lot of people that we are able to help keep warm this winter, thank you everyone!

CONGRATULATIONS to the 2023 Cheshire Annual Door Decorating Contest Winners!



**1st Place Winner
Elgin Hub**



**2nd Place (TIED)
Oxford Hub**



**2nd Place (TIED)
West Hub**



**3rd Place
Main Office - Reception**

Information Technology Department Updates

Opportunity: Rogers Connected for Success

This program offers high-speed, low-cost Ignite Internet, TV bundles and Mobile services to those receiving eligible provincial income support, disability benefits, seniors receiving the federal Guaranteed Income Supplement, or rent-geared-to-income tenants of non-profit housing partner organizations.

<https://www.rogers.com/connected-for-success>

HELLO Winter

Winter Safety Tips 2023

Space Heaters

- Ensure heaters are on level, flat surfaces.
- Keep heaters away from furniture and walls.
- Do not leave heaters on overnight or unattended.
- ensure the heater is plugged directly into a wall outlet.
- Check all safety features and ensure they are working correctly.
- Keep the house clean and dust free

Fire safety

- Check your smoke and carbon monoxide detectors and ensure batteries are changed at least once a year.
- Check fire extinguishers; ensure they are live and ready to use if needed.
- Ensure the chimney and fireplace have been cleaned before use.

Clean Driveways

& Walk Ways

- Keep driveways and walkways clear of snow.
- salt or sand driveways and walkways regularly and throughout the day to help prevent ice from building up.
- remove ice from eavestroughs and overhangs to prevent injury.

Emergency Kit

If the worst-case scenario happens and you're snowed in, at least you can depend on an emergency kit.

Some things to have in your kit:

- Bottled Water
- non-perishable food
- extra set of keys (cars or houses)
- Flashlights with extra batteries
- Battery-powered or crank radio
- First aid kit
- Sleeping bags or blankets
- Candles and matches/lighter
- Small hand tools
- Special-need items, such as medication lists



How to Foster Cultural Humility in the Workplace?

A lifelong commitment to self-reflection.

An important aspect of developing cultural humility is nurturing a lifelong commitment to self-reflection. This is a commitment to learning about one's own and others' cultures, backgrounds and experiences. It is also about taking on an open and curious mindset that acknowledges we are never done learning and growing. Some actions organizations can take include:

Encouraging team members to engage in dialogues about their experiences and cultures. Creating opportunities for team members to get to know each other and build interpersonal relationships. Providing team members with resources to support their learning growth. Planning activities and events that celebrate cultures and provide

opportunities for learning engagements.

Understanding and addressing power imbalances. Power imbalances are often very evident in the workplace, particularly among those who are and who are not represented in leadership and decision-making processes. Power imbalances are also exacerbated when the nature of the culture in the workplace is Eurocentric and fails to understand and value the identities, backgrounds, and experiences of non-Eurocentric cultures.

Offering resources for team members to better understand the history of discrimination and oppression, as well as the impact it continues to have on systemically excluded groups and cultures today. Providing opportunities for team members to engage in brave conversations about their power, privilege, and the responsibilities that come with it.



cheshire
independent living services

Congratulations to our “**Make the Days Count**” Draw Winners

Kate B, Oxford Team Assistant
Winner – “**Make the Days Count**” PA & TA - \$500

Lee Ann S, Elgin Program Manager
Winner – “**Make the Days Count**” Admin - \$100

Next Draw:
January 20th,
2023
(covers perfect attendance for the months of Oct, Nov, and Dec.)

**“DON’T
COUNT THE DAYS;
MAKE THE DAYS
COUNT.”
- MUHAMMAD ALI**

thank you!
For Making
the
Days Count

Happy New Year

2024

Wishing you a New Year that sparkles with excitement and glows with endless possibilities. May your days be filled with love, laughter, and unforgettable moments.



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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