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3 Year Accreditation Recipient



Summer Health and Safety Tips

SUN SAFETY



- Limit sun exposure between 11 AM and 3 PM
- Wear light-colored long sleeves, pants, and a wide-brim hat
- Use sunglasses with UVA + UVB protection
- Apply sunscreen **SPF 15+** and reapply often
- UV index 3+ requires protection
- Avoid tanning beds

HEAT SAFETY:



- Plan outdoor activities during cooler hours
- Seek shade and take frequent cooling breaks
- Let cool air in at night, close windows/curtains during the day

HYDRATION



- Drink plenty of water - don't wait until you're thirsty
- Avoid alcohol, energy drinks, and excess caffeine in extreme heat
- Use electrolyte replacements during prolonged heat exposure

HEAT-RELATED ILLNESS WARNING SIGNS



- Heat exhaustion: heavy sweating, dizziness, nausea
- Heat stroke: high body temperature, confusion, unconsciousness - **call 911**
- Cooling methods: apply cold water to skin, move to cooler area

OUTDOOR SAFETY:



- Know local weather alerts
- Wear appropriate protective clothing

CHILDREN & PET SAFETY



- Kids are more vulnerable to heat and sunburn
- Keep infants out of direct sun, hydrate frequently
- Provide shade and water for pets, avoid hot pavements



Did you Know?....

Training Room & Orientation

We have excited to announce we have completed renovations in our Training Room at Main Office and are in the process of moving all regular training to the new centralized location. The updates include an open floor plan and installation of new equipment to better suit the work we do for our consumers. Keep an eye out for training reminders to ensure you attend the correct location as we continue to get dates shifted over.

We are also happy to announce the Orientation Week Pilot has been extended into December this year after receiving excellent feedback from both new and existing staff. Sessions will continue to be offered once a month with all training during the week now being hosted at Main Office. We would like to thank all the staff who have attended thus far for their thoughtful feedback and participation.

All Staff Education Sessions 2026

On behalf of the Staff Education Committee are pleased to announce that we have completed all four days of our All Staff sessions. Staff enjoyed being able to interact with multiple different topics and being able to keep moving throughout the session at each of the booths. We would like to thank London Cares, St. Joe's Hospice, CSS and LEGHO, Cheshire IT, HR and H&S, Admin, Directors and our Staff Educator for their hard work in ensuring our staff have a fun and engaging opportunity to learn.



Did you Know?....

We have a new role within Cheshire and we are excited to introduce Amy J as our new Client Service Coordinator.

In this role, Amy will support residents at 370 South Street by helping them connect with community resources and services that promote independence and well-being. Her work will focus on ensuring residents have access to the supports they need to continue living safely and successfully within the community.

In addition to her work with residents, Amy will also provide valuable support to our Team Assistant teams, helping strengthen collaboration and enhance the services we provide. Amy brings a strong commitment to client-centred care and community connection, and we are thrilled to have her on board. Please join us in welcoming Amy to the team as she begins this important role.



Amy J., Client Service Coordinator



Sidra J., Project Manager

Meet Your Neighbour

Welcome to Cheshire Sidra!

Originally from Pakistan, however prior to coming to Canada, Sidra lived in Denmark and had opportunities to visit both Canada and the US before she moved here. Sidra shares that she has a book created by her ancestors, dating back at least 100 years. Each prominent family member created an autobiography of their life to help future generations learn. Over the years there have been several different languages within these golden pages.

Sidra and her husband married in 2012, at which time he entered a Masters Program in Waterloo and their Canadian journey began. From 2013-2021 they spent time in the GTA before coming to London where they live together with their son who is in elementary school.

Originally, Sidra worked as a dental surgeon in Pakistan. Upon moving to Canada, she pursued and pivoted into Health Administration Management. In her career as a dental surgeon, she recognized challenges in both front line and patient care. Sidra has a has an understanding and empathy for navigating and wants to seek how to make life easier to both and support the continuum of health care journeys each face.

Sidra spent some time volunteering in the GTA at Baby Friendly Initiative and Breast Feeding Connection for new mothers and partners. When she entered into her Masters Program, it was at the time her son entered kindergarten. A new beginning for both! When asked what brought her to Cheshire, Sidra shared what struck her most was that Cheshire was an organization with a legacy. She saw how community support provides comfort and autonomy for aging adults. This is in alignment with her own values and beliefs. Sidra had some opportunities to work with Cheshire in a previous role with MLOHT, she was very intrigued by our work.

In her spare time, Sidra is an avid reader. She shared that at one time she wanted to be a writer, and it may still happen one day-dreams are important for all of us. Sidra loves to cook, she is often found trying to recreate dishes she enjoys when out for dinner. On particularly stressful days, Sidra can be found painting by numbers.

Information Technology Corner

The Cheshire Technology department would like to share some important phone use and maintenance suggestions for your work and personal devices. The following tips will help protect and keep your phone in optimal working condition.

Physical Protection

- Cases & Protectors: Equip your device with a high-quality phone case and a tempered glass screen protector to absorb drop impacts and prevent scratches.
- Handle with Care: Avoid jamming your phone into tight pockets or bags where it can easily slip out or face pressure. Never place it on the edge of tables or in direct sunlight

Battery Health

- The 20-80 Rule: Avoid letting your battery drain to 0% or charging it constantly to 100%. Unplugging between 80% and 90% prevents unnecessary heat buildup and preserves the battery's overall lifespan.
- Smart Charging: Use a certified original charger or a reputable third-party brand. Avoid heavy gaming or video streaming while the phone is fast-charging, as this creates excessive heat.
- Temperature Control: Keep your phone in moderate environments. Freezing cold and intense heat (like leaving it in a parked car) can permanently degrade battery chemistry

Cleaning & Maintenance

- Screen Care: Power down your device and wipe it gently with a dry, lint-free or microfiber cloth.
- Liquid Risks: Even if your phone is advertised as water-resistant, it is rarely waterproof. If it does get wet, turn it off immediately and allow it to air-dry completely before attempting to charge or power it back on

Software & Performance

- Reboot Weekly: Restarting your phone once a week clears temporary files, stops intensive background processes, and refreshes the operating system.

- **Update System Software:** Always install the latest software updates to ensure you have the newest security patches and bug fixes.
- **Manage Storage:** Routinely clear out duplicate photos, offload unused apps, and delete old large files to keep your operating system running smoothly

Just a quick reminder for Cheshire Employees that work devices are meant for work use only. When you're off the clock, please keep them at home or your usual work location. They shouldn't be taken on personal trips or taken outside your approved area — that includes staying within London/Middlesex, Elgin, Oxford, Perth, or Huron counties.

Cultural Humility Corner

If you're looking for arts, music, multicultural, and heritage events. Here's a curated calendar of some of the most notable cultural events currently announced:



Springbank Gardens Concert Series

TD Sunfest
July 9–12, 2026
Steward Park Festival, Perth
July 17-19

Summer Streetfest, Oxford
July 17–18

Home County Music and Art Festival
July 24–25

London Ribfest
July 30 – August 3

Perth Garlic Festival
August 8-9

Airshow London SkyDrive 2026
August 21–23
Oxford Renaissance Festival
August 29–30

AfroFiesta Festival
September 5

London Reggae Fest
September 19–20

Still looking for more, you can find these and many more by visiting your online city or county tourism site.

Accessibility Corner - Spotlight on Oxford County

Oxford County is committed to creating a barrier-free community through its Multi-Year Accessibility Plan and an active Accessibility Advisory Committee. Aligned with the Accessibility for Ontarians with Disabilities Act (AODA) and recognized as an Age-Friendly Community, the region focuses on improving equitable opportunities for residents of all abilities.

Key Accessibility Services & Resources

- **Public Facilities & Communications:** County programs and services are built to ensure independent, equal access. Residents can request government documents and communications in accessible formats at no additional cost.
- **Library Resources:** The **Oxford County Library** features fine-free materials, accessible formats (such as audio, e-text, and Braille), reading aids like CCTVs, book magnifiers, and free homebound delivery for patrons with limited mobility.
- **Community Health:** Local organizations like the **Oxford County Community Health Centre** offer fully accessible physical spaces, communication supports, and inclusive programming.
- **Volunteering & Feedback:** The region encourages residents with disabilities to share feedback on infrastructure (e.g., trail slopes and parking) or apply to serve on the **Accessibility Advisory Committee**.

Oxford County offers several well-maintained parks, conservation areas, and trails designed with accessibility in mind, providing smooth pathways, inclusive play structures, and barrier-free natural views.

Accessible Trails & Conservation Areas

[Oxford Thames River Trail](#)

This scenic trail features a smooth **concrete boardwalk and flat walkways** that cross directly over marshy wetland areas. It provides accessible benches with clear river views, making it a peaceful, barrier-free option for birdwatching and gentle hiking.

[Roth Park](#)

Positioned along the north side of the city, this park features a **fully paved, wide pathway** running right alongside the water. The trail is tree-covered, stroller-friendly, offers plenty of accessible seating, and includes an adjacent paved parking lot and accessible restrooms.

[Pittock Conservation Area](#)

Spanning 2,000 acres, this regional hub offers a **wheelchair-accessible main entrance and parking lot**. It features wide, level trails suitable for adaptive cycling and multi-user groups, along with accessible lakeside picnic facilities.

[Wildwood Conservation Area](#)

Located on the border of the region, Wildwood provides **barrier-free entry points and accessible parking**. It features packed, flat multi-use trails, all-inclusive campground layout options, and accessible public restrooms.

Inclusive Playgrounds & Community Parks

[Centennial Park](#)

Located directly adjacent to the [Ingersoll Cheese & Agricultural Museum](#), this community space features a **wheelchair-accessible entrance, parking lot, and paved walkways**. It offers accessible picnic tables and an inclusive, cheese-themed playground.

[Dorchester Dream Park](#)

Located just outside the county border at Dorchester Community Park, this is a premier regional destination specifically **designed as an inclusive park for all abilities**. It features accessible rubber flooring, wide ramps, adaptive play equipment, paved loops, and accessible washrooms

Municipal Conventional & Paratransit Networks

[Woodstock Transit](#)

All standard fixed-route buses feature low floors and ramps. For riders unable to utilize regular routes due to a functional limitation, the city operates a shared, pre-booked **Specialized Paratransit Service**. It runs Monday to Friday (6:00 AM – 10:00 PM) and Saturday (8:00 AM – 10:00 PM) for \$2.75 per ride, requiring 24-hour advance booking.

[Tillsonburg T:GO Transit](#)

This localized service provides fully accessible, climate-controlled minibuses equipped with specialized rear passenger-side wheelchair lifts and room for up to two mobility devices. Routes run Monday to Friday (5:55 AM – 5:55 PM) for \$2.50 per ride.

[Ingersoll Paratransit](#)

Operates an accessible, door-to-door taxi-style service via Olde Tyme Taxi. It runs 24 hours a day, 7 days a week for eligible residents at a cost of \$3.00 per ride. Bookings are organized through the Town of Ingersoll.

Inter-Community & County Connections

- **Middlesex County Connect (Route 2):** A fully accessible, inter-community public transit connection running round-trips between **Woodstock, Ingersoll, Putnam, Dorchester, and London**. It operates Monday to Friday during peak morning and afternoon windows for a flat fee of \$5.00 per ride.
- **T:GO Inter-Community Lines:** Beyond town borders, T:GO runs dedicated long-distance regional routes connecting Tillsonburg to **Woodstock, Norfolk County, and London** for \$10.75 per trip.

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