



Around Hopewell

Dear friends ...

Updates

Inside this issue:

<i>About Ariss</i>	2
<i>Stephanie Home Snippets</i>	2
<i>Playsense Pieces</i>	2
<i>Treasure Chest</i>	3
<i>Rotary4Hopewell Project</i>	3
<i>Research Corner</i>	3
<i>Next Issue</i>	4

2005 has brought new excitement to Hopewell.

The Shelldale expansion, home of the new Playsense program, is taking shape. The new manager for Playsense is Karen Calzonetti. A Guelph native, Karen has an extensive academic & practical background in adapting play for people with disabilities.

In addition to working with Len Kahn on Hopewell's new brochure and website, Karen has taken over production of "Around Hopewell" from Angela Karges, Thank-you Angela for doing such an outstanding job as editor!!

The expansion of Hopewell's building in

Ariss, including 4 more beds & a separate, spacious family room is starting soon.

The adult home will have 12 beds, including one designated for respite. In the children's residence, there will be 9 beds, including one respite bed.

Stephanie Home is up & running 24/7. Thanks to a great staff we are able to provide increasingly more respite.

The members of the 4 Rotary clubs in Guelph continue to work very hard to raise \$100,000 for Playsense. The raffle ticket sales are now behind us. More teams are needed for the Hockey challenge on April 23. If

your team is able to raise \$700 instead of \$1500 we will still be quite thankful!

If you are not interested in skating as a hockey player, but can help out as a volunteer, just call me at 836-9641.

Don't forget to attend the Spring Soiree on May 28th. This is the third and final fundraiser of the Rotary4Hopewell Centennial project for Playsense. Taking place at the Old Quebec Street Mall on May 28th, the Spring Soiree promises to be quite a festive affair!! Tickets are limited and going quickly, so order yours today to avoid disappointment.

Finally, and as ever, a big thank-you is



The street beat...

Guelph University students show their support for Hopewell! An after event following the UofG Athletic banquet was the site of a fundraiser recently held, thanks to the leadership of Andrew Oosterhuis. A grand total of 1200\$ was collected, which will be used to purchase a new piece of equipment for

Playsense. Our thanks to those students who gave so generously!

Expansion Excellence: On April 4th, I sat in on a Board of Directors meeting for Hopewell, & was fortunate to witness first hand the extent to which people proactively advocate for Hopewell. In this age of development, it is easy to

be cynical, & even suspicious, of expansion projects & the administrative webs increased services often weave.

In Hopewell's case, expansion is not a negative word, & development does not equate with a loss of heart & soul. It is both

DID YOU KNOW?

HOPEWELL has provided care to over 100 families in Wellington County since 1983.

ALL Staff are trained (& retrained) regularly in First Aid & CPR.



Ariss Activities

If we had a hammer ...Neighbourhood spirit is alive & well ! Hopewell’s neighbours full heartedly supported the latest expansion plans at a township hearing , increasing the total number of beds in Ariss to 22. “We are truly blessed, & things

just seem to work out so well for us”, said John Oosterhuis, Hopewell’s Executive Director.

Staff Training: Ariss was the site for a recently held First Aid/CPR course conducted by the Canadian Red Cross. A total of 10 staff members spent the day

learning & practicing these lifesaving techniques.

Spring Tuning: Now that spring has sprung, residents of Ariss will be seen more regularly in the outdoors. Rumour has it that the birds of Ariss are particularly



areas in our region.

Stephanie Home Snippets

CONGRATULATIONS on celebrating 2 years as a group home!

A total of 9 staff are now employed at Stephanie Home. Visitors to Stephanie Home have remarked on the genuine care openly displayed by the staff. Like any family home, everyone plays an important role as a family member. A true family environment, staff & residents pitch in together to make things work. Even pebbles (the hamster) is included in the fun.

Checkout 2 Makeovers:

- 1) A gorgeous bedroom & ensuite bathroom upstairs
- 2) The downstairs BISTRO is now “open for business” thanks to the awesome creative talents of Joanne Oosterhuis!

- Spring Discoveries & Explorations: Plans are well underway for regular day trips by residents & staff to conservation & park

- Florida Bound: 3 staff and 2 residents are off to the sand and sea in

“I’ve never had a job where everyone got along so well. That’s important, because we’re part of a team”
(Stephanie Home Staff)

QUESTION: If you could only use 1 word to describe living at Stephanie Home, what would it be?
RESIDENT: “Interesting. It’s not boring here. There’s always some excitement , something going on”
STAFF: “Family. I’ve been here since the beginning, and I feel like I have my own family. It’s very

Playsense Pieces

GOOD THINGS ARE WORTH WAITING FOR!

While slightly behind schedule, PLAYSENSE construction is now progressing well!



Growing, GROWING and ...

tuned!



Occupancy date is JULY 1.

There will be news coming soon about activities for you & your children this summer , so please stay

Our “soon to be” address:
PLAYSENSE
ACTIVITY CENTRE
20 Shelldale Crescent
Guelph, Ontario
N1H 1C8



Treasure Chest

Objects are not always as they seem! With a little imagination old household items can be taken out of the junk draw (or cupboard, in my case), & used as play objects.

We'd love to hear about any ideas you have!

- Reinforce empty paper towel or gift wrap rolls with duck-tape & use as bowling tunnels. Great for balls, bells,

marbles, or just crumpled up paper!

- Lay out an old shower curtain on your backyard lawn & you have an outdoor slide for rolling, etc. Adventurous types can add soap with water to make it really slippery.
- Encourage independence: Take a piece of strong string, or sewing elastic, tie

one end to a wheelchair & the other end to a ball. Your child can throw & retrieve his/her own ball.

- Set up target areas: Tape a favourite shape or number, or other picture, to the wall, & let your child aim for it. Suspend a hula hoop from a tree, or basketball net for visual aim.



This column will feature a variety of tips & ideas of interest. Think of it as a column of "gold nugget" suggestions to share ...

ROTARY 4 HOPEWELL

Fundraising for the 100th Anniversary Centennial

Rotary project is well underway. Guelph Rotary Clubs led the way on 3 fundraising projects for PLAYSENSE

#1: CRUISE RAFFLE :

The draw was Feb 23. Congratulations to K. Warden! Special thanks to Barb Bent & Cam Skipper for coordinating this event.

A total of 26,000 was raised!

#2: HOCKEY CHALLENGE

DATE: April 23, 2005
PLACE: UofG Twin Arenas

Team entries are still welcome, & volunteers are also needed! Please call John Oosterhuis if you can help out!

TRUTH or FICTION?

The **real** STANLEY CUP *may* make an appearance.

Find out how you can have your photo taken with an iconic legend!

#3: SPRING SOIREE

DATE: May 28th, 2005
PLACE: Old Quebec Street
Prepare to be thrilled by Cirque Sublime, bid in a silent auction, enjoy haute cuisine, & much more ...

**For any info on R4H fundraisers visit:
www.rotary4hopewell.org**

25% of the funds for Playsense were raised by the Cruise Raffle!! Thanks to everyone who bought a ticket, & to those who sold them!

Research Corner: Limiting exposure to toxic

From: "Better Safe than Sorry" - Acting Now to Protect Children's Environmental Health, Susanne Burkhardt, Children's Environmental Health Consultant, February 2005

Check out these basic steps you can take to reduce risk:

1) Avoid wearing street shoes indoors. Many substances like metals & pesticides become significant sources of harmful exposure to children when they are tracked in on shoes from outdoors & end up in

house dust, on carpets and other surfaces in the home & other indoor settings.
2) Reduce the use of chemical products. Pesticides, cleaning products, personal care products, plastics & paints are a few of the products that can contain ingredients toxic to children. It makes sense to minimize the risk, & keep childhood exposure

limited wherever you can.

3) Eat more beans, grains, fruits, vegetables, non-animal proteins & less products with animal fat. Animal fat is the storage site for many toxic chemicals. Eating less reduces chemical exposure & creates a healthier body better able to protect itself from the effects of harmful

their hands in their mouths, should wash their hands to reduce the risk of swallowing toxic substances.
5) Ventilate well & often. Concentrations of toxic substances in the air can build up over time in closed spaces such as homes & cars. Good ventilation flushes them out



Hopewell Children's Homes Inc

Hopewell Children's Homes Inc
5651 Wellington Road #86
RR#1 Ariss, Ontario
N0B 1B0

Phone: : 519-836-9641

Fax: 519-836-8830

Email: hopewell@on.aibn.com

Hopewell Children's Homes Inc. is a total care residence and home for children and adults with severe developmental & physical disabilities, and supports permanent & respite residential programs.

Vision Statement:

"Hopewell envisions a community where all children and adults with severe developmental challenges are served in caring and compassionate ways that meet all their needs and where every family of these children is fully supported in every way to love and care for their children"



IF YOU WOULD LIKE TO RECEIVE THIS NEWSLETTER VIA E-MAIL, PLEASE LET US KNOW!

CALL HOPEWELL AT 519-836-9641, & WE WILL ADD YOU TO OUR LIST!



WEBSITES OF INTEREST

- Active Living Alliance for Canadians with a Disability
<http://www.ala.ca>
- Enable Link: Resources for people with Disabilities
<http://www.enablelink.org>
- Special Needs Opportunity Windows: Resources for Parents
<http://snow.utoronto.ca/index.html>
- Worldwide Snoezelen Information

Next Issue

Stay tuned for Hopewell's summer news , including the following:

- Hopewell Children's Homes Inc Updates
- Plans for our new Website and Pamphlet
- Backyard Activities to try at home
- Guest Column & Interview
- And more ...!

Twisting by the pool ... Summer Fun is coming!!



If you would like to write something for the next newsletter, or have ideas to share, we would love to hear from you!

Call Hopewell at 519-836-9641.