

The Good News

L'Arche Sudbury Spring Newsletter



Galilee welcomes a new member

By Cheryl Lafond

Galilee is very excited to announce that we have welcomed a new Core Member, Kevin! Since moving in, Galilee house has noticed Kevin is a big joker. He loves making other people laugh and can light up any room. The members at Galilee have worked very hard to get to know Kevin and help him feel welcome. Some of Kevin's interests are watching Family Feud with Steve Harvey, working on his laptop, listening to music, and always reading the morning paper. His favourite foods are cheese and pasta.

In his career, Kevin worked at the Jarrett Center in drill pressing and grinding. He was very good at his job! He was so efficient, that he would ask for extra PO's, and always enjoyed getting extra work done. Kevin is very excited to get back to work now that programs are back up and running.

Please join us in giving a very warm welcome to our newest member, Kevin. You will learn to love and enjoy his laughter, smiles and simply how happy he is just to read his morning paper. L'Arche Sudbury is looking forward to seeing Kevin grow and become a wonderful part of this community.

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A Message from the Community Leader/ Executive Director

By Jennifer McCauley

I love this time of year when you have days of intense sun that reflects off the snow and melts it away, and then days of intense snow, that once again blankets the earth. I feel like it's a good metaphor of life in community of late. We have moments of warmth, brightness and optimism and other moments of darkness, "reduced visibility" and the need to close in and hibernate.

The blessing of living in Northern Ontario, and in a L'Arche Community, is that we are privileged to experience the changing of the seasons. We experienced the loss of 2 Core Members, Roma and Alain, and now we welcomed Kevin as a new member of Galilee. We said goodbye to some Assistants and welcomed others just the same. We have lived with COVID and have been working on the priorities of our Mandate. Some days we feel great success and other days it feels like there is still so much work in front of us. Throughout it all, I feel that with each seasonal change, we have a new beginning.



A chance to experience things differently, to choose a new path, to let go of what isn't giving us life and to trust that goodness awaits us all. I loved this little meme and thought it perfectly captured my thoughts. My wish for each, and every person is contentment and peace in whatever season we find ourselves in.

Queens Platinum Jubilee Award

On February 24, two members of our community were honoured for their volunteer work with L'Arche and other activities in the broader community. They received the Queen's Platinum Jubilee Award at a ceremony convened by Viviane Lapointe, MP.

Leighton Roslyn is currently the President of the Guardian Angel Foundation and the Chair of the L'Arche Sudbury Place Committee. He was one of the founding board directors of L'Arche Sudbury in 1982 and has faithfully supported the community in many ways for forty years. He helped to develop the first North American Board for L'Arche, and subsequently served provincially and nationally in leadership roles.

Jennifer Cawley Caruso was recruited to the L'Arche Sudbury Board in 1987 by founding board chair and long-time friend, Pat Montpetit. She too has served in many roles in the community, provincially and nationally and currently co-chairs the Capital Campaign Committee.



Wellness Update

By Ursula, Resiliency Leader



Community Wellness Resilience is the sustained ability of a community to use available resources such as wellness services, products, energy, communication, food, transportation, etc. to respond to, withstand, and recover from adverse situations such as the most recent worldwide outbreak of Covid-19. Wellness Resiliency helps the mental well-being of individuals after being confined to their homes, isolated from social norms and left financially burdened from the pandemic. Many individuals have been forced to work from home due to the pandemic. This has restricted them from their daily routine and has also caused assistant shortages and health concerns when working in person. Wellness resilience helps community members adapt to this change in their lives. Newsletters, activities, facts sheets, and more can be an asset to overcoming this change.

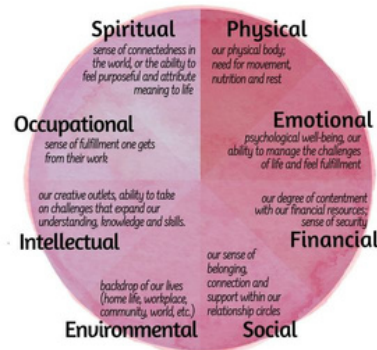
L'Arche Sudbury has partnered with wellness professionals to provide employees, community members, board members, community leaders, families and friends with wellness opportunities. L'Arche has offered sessions to our community members such as mindfulness activities, mini yoga retreats, ecstatic dance sessions, chair yoga, and more personal wellness opportunities.

These offered opportunities allowed individuals to connect with each other either by zoom or in-person. We distributed products to help relieve stress and anxiety, as well, special wellness packages were prepared by our community members and presented to support staff in appreciation for their hard work and dedication.

**"Caring for yourself is a necessary part of caring for others"-
Robyn Conley Downs**



The
WHEEL OF WELLNESS
How it can help you create a more balanced life

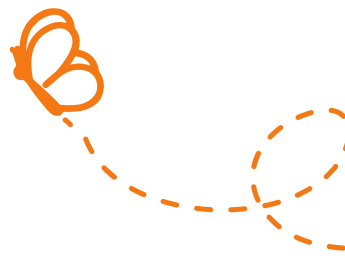


Graduating from L'Arche

An Update on Lynn

Since graduating from L'Arche, Lynn has really been enjoying her independence. She spends the weekends with her boyfriend or her mother and works hard on getting things done. Lynn and Kayla, her case manager through Sudbury Community Services Center, have been working hard on mastering laundry, groceries, cooking and cleaning independently in her apartment. Lynn loves going out to the mall and sometimes has so much fun she misses scheduled support time with her lifeskills workers, but that's all part of the independence she has been enjoying.

Spring Wishlist



Can you support the community by donating any of the following:

- | | | |
|-------------------------|---------------------|------------------------------|
| • <u>Garden tools</u> | • <u>Paints</u> | • <u>Teaspoons</u> |
| • <u>Flower Boxes</u> | • <u>Seeds</u> | • <u>Party Decorations</u> |
| • <u>Plants</u> | • <u>Flower Pot</u> | • <u>Markers</u> |
| • <u>Gardening Soil</u> | • <u>Tupperware</u> | • <u>Crayons</u> |
| • <u>Crafts</u> | • <u>Bowls</u> | • <u>Batteries (AA, AAA)</u> |

Galilee Giggles Update

By Cheryl Lafond

I would love to share that everyone at Galilee is doing very well, and are very excited for spring and summer to come. Carole is currently working at the office with Monique once per week and truly loves her new job. She is back to work at the Jarrett Center and is so happy to see all of her friends. Tim is back to work 3 days a week at the Ashley Home Furniture Store and just loves hanging out with the men, and of course going in the big truck. Gloria loves living in Galilee and is so happy to call it home. Gloria is our giggler and she absolutely loves Carole's jokes. Debbie is back to program two days a week. Debbie loves her music program and enjoys singing. She can get everyone in the house singing in a heartbeat! Kevin, our newest housemate, is funny and loves to watch the news after supper. In the evenings, he cuddles on the couch and has made himself right at home.



Let's Keep in Touch!



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