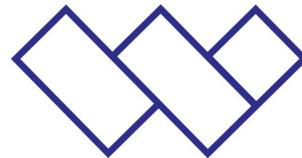


WENDAT UPDATE

March 2025



WENDAT

Community Programs

Providing Services for Seniors and Adult
Mental Health Services in North Simcoe-Muskoka

As 2024 drew to a close and 2025 began, Wendat Community Programs was and is working on our next Strategic Plan. This provides us with a great opportunity to reflect on our past successes and challenges, our present state and the possibilities for the future. At the time I am writing this newsletter, we have engaged our staff and external stakeholders in focus groups and by survey. It is heartwarming to hear what these groups see as our successes and strengths. It is also apparent that there is a lot of work to do to continue our mission to provide care and support to both adults with mental health challenges and seniors with care needs. We are excited to set our priorities for the next five years and look forward to sharing our new plan with everyone soon. It will be in place by April 1, 2025.

We were pleased to expand our Crisis Services within Georgian Bay General Hospital to 12 hours per day, 365 days per year. Our staff are on duty at the hospital from 9—9 every day. In addition, we now offer a Crisis Clinic at our 237 Second Street Site in Midland. It currently operates 3 days per week but will soon expand to 5 days per week.

There continues to be a high demand for our services with wait lists in some programs particularly the Mobile Geriatric Social Work Program and the Case Management Program. We have capacity for new participants in our Social Club and would welcome interested individuals! The Lorna Tomlinson Residence for Seniors has a wait list to live at the facility but we welcome new applications. We also have capacity for new participants in our Seniors Day Program and our Congregate Dining Program.

Wendat continues to focus time and energy on health system transformation. Our staff and Board members participate on many networks and working groups. Wendat is an anchor partner of the North Simcoe Ontario health Team. We do this to work towards the goals of improving access to quality care and advancing a health care system that provides equitable healthcare access, quality and outcomes for all individuals and communities we serve.

Like all community mental health and community support services providers, we continue to struggle with Human Resource issues. As funding does not allow us to keep staff salaries current with the cost of living, staff move on to higher paying jobs and less and less graduates choose to work in the non-profit sector. This makes it hard to retain staff and fill vacancies. We continue to advocate with Ontario Health for base funding increases to address this.

I want to thank everyone who is a part of our Wendat family including our staff, Board of Directors, members, volunteers, clients, residents, our partners, funders and donors. All of you make it possible for us to continue our work.

SENIORS SERVICES

PSYCHOGERIATRIC SERVICES

*Offered regionally across North-Simcoe/Muskoka
Offered free of charge*

Transition Services

Focuses on providing a transition plan to reduce the intensity and frequency of responsive behaviours so that individuals with cognitive impairment can move from one environment to another. Individuals may be living in their own homes, with family, in the hospital, Long-Term Care or other type of supportive housing. Behaviour Nurses work collaboratively with the client, family and all care partners in their current environment and destination environment to effect a smooth transition and resettlement. **For eligibility criteria, application procedure or more information about this program, please contact Rita Pilkey, Team Lead at rpilkey@wendatprograms.com or 705 355-1022 ext 231**

Mobile Social Work Service

This service is available to seniors with mental health needs who live alone or with family. The Social Worker will conduct an assessment of needs and risk and provide counselling, health teaching and connections to resources as needed. There is currently a wait list for this program. **For eligibility criteria, application procedure or more information about this program, please contact Meaghan Schitka, Team Lead at mschitka@wendatprograms.com or 705 355-1022 ext 233**

SENIORS' SUPPORT SERVICES

Offered in the Midland and Penetanguishene Area

Seniors Day Program

Provides social and recreational activities in a group setting for eligible seniors. Transportation can be arranged if required. There is no fee for this service.

Congregate Dining Program

Our cooks provide nutritious meals to seniors attending the Day Program and to the residents of the Lorna Tomlinson Residence for Seniors. There is a small fee for meals.

The Lorna Tomlinson Residence for Seniors

This Residence provides supportive housing for frail, low income seniors. Opened in 2016, the facility provides single or double rooms each with a private ensuite bathroom. All meals are provided in a common dining room. There is laundry service, lounges for socializing, structured Day Program activities, 24/7 on site staff and an enclosed courtyard. Additional personal support services are available to those who need assisted living. There is a wait list to live at the facility.

Assisted Living Program

Personal Support Workers are available 24/7 to assist residents of the Lorna Tomlinson Residence for Seniors with a variety of day to day practical needs. There is no fee for this service.

For eligibility criteria, application procedure or more information about these programs, please contact Jim Torrance, Care Coordinator at jtorrance@wendatprograms.com or 705 355-1022 ext 226

COMMUNITY MENTAL HEALTH PROGRAMS

*Provided in the Midland-Penetanguishene area
Offered free of charge*

Case Management Program

The Case Management Program supports persons aged 16+ with a confirmed diagnosis of serious mental illness who have a high need for support. Using various modalities, Case Managers work with each client to develop and achieve goals to ensure holistic well being. There is currently a wait list for this program but we are accepting new applications.

Brief Service

Provides immediate, short-term help and support to anyone aged 16+ with or affected by mental illness. There is no wait list for this program.

Crisis Services

Provides prompt, accurate mental health assessments for individuals aged 16+ who present in the Emergency Department of Georgian Bay General Hospital with psychiatric or psychosocial crises. This team also provides individual short-term counselling and a Crisis Clinic. Clients who are seen in the ED, who are not in acute crisis and being discharged, can be booked for a follow-up appointment with one of our clinicians immediately. Clients are provided with appropriate referrals and navigation to other longer term services. Referrals to the Crisis Clinic are accepted from ED physicians, Community Paramedicine and other service providers.

Mobile Crisis Response Team (MCRT)

This collaborative program with the Southern Georgian Bay OPP assists community members experiencing a mental health crisis. The teams are each comprised of one OPP Officer and one Mental Health Worker. Teams are dispatched through police communications.

For more information about these four programs, please contact Glen Lucas, Program Supervisor at glucas@wendatprograms.com or 705 526-1305 ext 245

Supported Employment

Wendat believes in the value of people doing real work for real pay. We offer opportunities for persons experiencing mental health challenges to be hired within Wendat. Individual and group job coaching is provided.

Social Club

The clubhouse provides activities to enhance mental wellness cognitively, physically, socially and emotionally. Anyone experiencing mental health challenges is welcome. Transportation services are available. There is a small fee for meals and some outings/ activities. The Social Club is currently welcoming new members.

For more information about these two programs, please contact Darlene Forget, Program Supervisor at dforget@wendatprograms.com or 705 526-1305 ext 227

New Opportunities

Women's Group

The Women's group is open to anyone who identifies as a woman living with mental health challenges. It is held on the first Wednesday of every month from 10-11 am in the board room at 237 Second Street In Midland. Each month, the topic changes and it will be offered until May 2025.

The sessions will be:

February - self acceptance and kindness

March - coping with change

April - budgeting

May - self care

It is open to anyone who identifies as a woman living with mental health challenges. If you are interested in attending, please contact Zoey Courtney at 705 427-9274 or zcourtney@wendatprograms.com

Men's Group

The Men's Health and Leisure Group started up in 2017 to bring men living with mental health challenges together for fellowship and adventure. Our group meets every Monday (excluding stat holidays) from 2 pm to 4:30 pm. All men registered with Wendat in Case Management, Brief Service, or the Social Club are welcome to join, keeping in mind that we can only accommodate 12 members per outing. We offer an inclusive, welcoming environment where men of all ages travel throughout Simcoe County to experience the beauty of southern Georgian Bay and its vast array of parks, trails, and sites. Men with physical limitations are welcome to join us. For men living out of town, in many cases we can provide transportation to and from our meetings. If you would like to join our group, please speak to your Case Manager or the Social Club Program Supervisor for more information.

Crisis Clinic

The Crisis Clinic operates Monday to Friday 9 am to 5 pm at Wendat Community Programs located at 237 Second Street in Midland. The clinic offers crisis intervention therapy counseling, safety planning and/or linkages to community resources. 1-6 sessions are available to individuals aged 16+ who need urgent mental health care but do not require admission to a schedule 1 hospital. Georgian Bay General Hospital or community partners may send a referral for a clinic appointment. The Crisis Clinic is staffed by Wendat's Crisis Workers and there is no cost. Call Glen Lucas for information (705) 526-1305 ext.#245

Soup for the Soul

Join Rev. Glen and Darlene Lucas every second Sunday for soup for the soul worship service, a non-denominational service followed by a light lunch. Come and energize your heart and soul with a community of peace and oneness. All are welcome to these no cost services. Contact Glen at (705) 526-1305 ext.# 245 Transportation is available. Services in March are March 2, 16, and 30th at 10:30am on the lower level at Wendat Community Programs, 237 Second street Midland.

Concurrent Disorders Group

Wendat holds a concurrent disorders group every Friday at 1:00pm at 237 Second Street in Midland. it is an open group available to anyone in the community who has struggled with mental health and substance use. This group is uniquely designed for individuals experiencing both mental health and substance use issues. The group incorporates a complimentary combination of Stages of Change Theory and a Solution-Focused approach with focus on relapse prevention. For information please contact Taylor (705) 526-1305 Ext.# 240

How you can help Wendat Community Programs

Volunteers Needed!

Delta Bingo & Gaming supports the community. The funds raised from charitable gaming comes back to many local charities including Wendat Community Programs. When you play, local charities win!

In order to ensure that Wendat continues to benefit by receiving funds from Delta Bingo, we must provide volunteers to work shifts at Delta Bingo located at 175 Main St. in Penetanguishene.

Wendat Community Programs is seeking volunteers to represent Wendat at Delta Bingo. Shifts are for 2 hours and typically worked on Monday afternoons between 11:00 am to 5:00 pm. Other days/shifts are occasionally offered for extra funds.

Volunteers are required to undergo some free training provided by Delta Bingo before they can start volunteering.

If you are interested in helping Wendat ensure that funds continue to flow to Wendat from Delta Bingo, please contact Verna Porter at verna@wendatprograms.com or 705 - 526 -1350 ext 221.



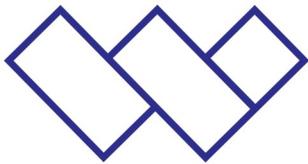
We need your help!

From April 1, 2023—March 31, 2024, Wendat provided service to 5,654 individuals and 19,063 client visits/contacts were provided by Wendat's staff. Although we receive funding from Ontario Health, we must fundraise to continue to provide all of our programs and to assist some of the most vulnerable members of our communities.

- A donation of \$12.00 can provide three meals for one resident at our seniors residence
- A donation of \$25.00 can provide supplies for social recreational programs for one day for 12 clients in our Seniors Day Program
- A donation of \$125.00 will provide gas for our van to bring clients into our programs for one week
- A donation of \$250.00 will provide three meals for one day for all 21 of the residents at our seniors residence
- A donation of \$500.00 will provide supplies for our Art Therapy Program for twelve weeks for fifteen adults experiencing mental wellness challenges

Donors may direct their donation to seniors services, adult mental health services, general operating costs or to our Endowment Fund.

For more information about making a donation to help us continue our programs, please contact Verna Porter at 705 526-1305 ext 221 or vporter@wendatprograms.com



WENDAT

Community Programs

Providing Services for Seniors and Adult
Mental Health Services in North Simcoe-Muskoka



Programmes communautaires

Wendat

Prestation de services pour personnes âgées et
de services de santé mentale pour adultes de
Simcoe-Muskoka



Ontario Health



Delta

BINGO > GAMING



<https://www.facebook.com/WendatCommunityProgramsMidland>

TO DONATE NOW
visit www.wendatprogams.com
Charitable id#
108196353 RR0001

NORTH SIMCOE Ontario Health Team

Wendat Community Programs is a proud member of the North Simcoe Ontario Health Team

<p>Adult Mental Health and Main Office 237 Second Street Midland ON L4R 4P4 phone 705 526-1305 fax 705 526-9248</p>	<p>Lorna Tomlinson Residence for Seniors and Senior's Support Services 44 Dufferin Street Penetanguishene ON L9M 3P7 phone 705 355-1022 fax 705 355-1026</p>
info@wendatprograms.com	www.wendatprograms.com