



Beth Tikvah Foundation of Hamilton



June 2023



Message from the Executive Director

Chris Barone, Executive Director

By the time you are reading this newsletter, summer will be fast approaching. Summer means so many different things to everyone including the individuals in our service. The wisdom of summer. It teaches all of us to be fully awake, engaged and open to everything around us. It's about being outside, whether on populated streets or deep in nature. It's the season for relaxing and the pursuit of happiness.

Be outside and enjoy the warm weather. Go for a walk around town, or spend part of the day on a hike. Savor cherries, peaches, watermelon, funnel cake and ice cream. Gulp lemonade. See an outdoor performance or two, watch movies at the drive in, enjoy being with family and friends at a barbeque.

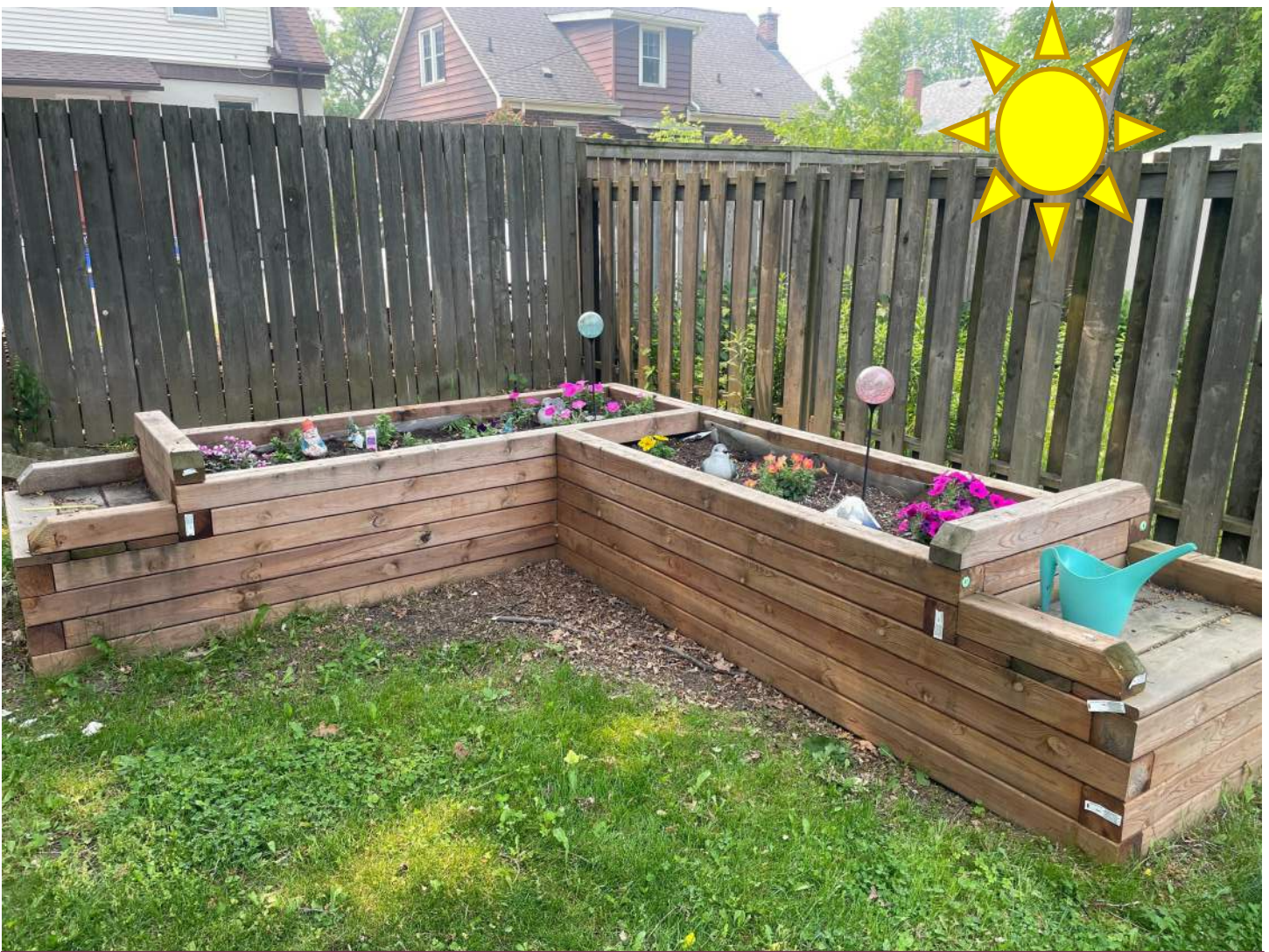
Summer is a state of mind. Whatever we do during its few months, summertime remains fixed in our collective consciousness. This is the season when many of our deepest memories are forged; it plays a starring role in the highlight reel of our childhood. Everything good, everything magical happens between the months of June and August. So dig in and make some new memories, even if your plans are no more ambitious than to take naps, read outside, sleep in a tent and float in a pool. Not everyone can afford sailing trips and Caribbean vacations, but many of summer's greatest pleasures are simple and inexpensive.



Negev Gala Dinner~ In Celebration of Israel's 75th Birthday

Members of the Arkell Residence and staff gathered in the Liuna Station on June 6th, 2023 to celebrate the 75th Birthday of Israel. Proceeds for the event went to the Clore Centre for Performing Arts.





Raised Flower Beds at Arkell

The Residents planted flowers this year instead of vegetables in their raised beds in the back-yard of their home, with a little help from staff. The garden is equipped with lights, a garden gnome, and a little home for beneficial insects.





Trip to Niagara Falls, Canada

M.O. and Staff went to Niagara Falls for the day and stopped at the Movieland Museum, and the Dinosaur Mini Golf in Niagara Falls, June 2nd. They had a good time visiting the various exhibits at the wax works and getting a little exercise.



Stars, Stripes and Texas Sized Cowboy Boots

J.L., Resident

This year I traveled to the Lone Star State of Texas where I wasn't so alone. In April of 2023, I traveled to San Antonio to visit my girlfriend. Here are a few experiences I took while there:

1. I went to a restaurant called Shake Shack they are known for there smashed burgers and milkshakes. The menu was a unique take on dinner foods and it was delicious!

2. Me and my girlfriend went to mini putting at a glow in the dark horror themed venue. The glow in the dark mixed with the horror theme made this an fantastic experience.

3. There were many sights, sounds and attractions I saw while in San Antonio, but the most visible was the Giant Cowboy Boots located at the North Star mall.

Fun fact: The boots were entered into the 2016 Guinness World Records for largest cowboy boot sculpture, now that's some big boots to fill!





Promotion From Staff to Management

Anna Fischer, Director of Services

Nicola ("Nicky") Sibanda has been with the Beth Tikvah Foundation since June 2016. She worked (often many hours!) as a Part-Time Support Worker while she completed her BSW. Nicky showed great flexibility as she worked at all of our intensive support locations and also with a SIL individual. In November 2020, Nicky became a Full-Time Support Worker at 602. During her time at 602, Nicky came up with innovative ways to support the individuals.

Nicky joined the Management Team as a Team Leader in April 2023. Throughout her time with Beth Tikvah, Nicky's focus has always been on providing optimum support for the individuals. Nicky has brought those skills to her role on the management team. Beth Tikvah is very happy to have Nicky on the team and we hope she is a part of the team for many more years!

Nicky has a goal to one day get a cat!

Workplace Health and Safety Considerations During Hot Weather

Kayla Helwig, Human Resources Supervisor

Summer is here and with it comes the heat! Working in hot environments can pose serious health and safety risks, such as heat exhaustion, heat stroke, and dehydration. As such, it is important to take extra precautions to ensure the well-being of all employees during this time.

Heat-related illnesses can affect anyone, but they tend to affect those who work in outdoor or indoor environments with high temperatures and humidity, such as construction workers, farmers, landscapers, factory workers, and others who work in hot environments. At Beth Tikvah, we have many individuals that enjoy spending time outdoors with their staff during the nice weather, and so these tips may apply to you!

To avoid heat-related illnesses, here are some tips for staying safe and healthy in the workplace during hot weather:

1. **Stay hydrated** - It's essential to drink plenty of water throughout the day to stay hydrated. Ensure you keep a water bottle with you and take regular breaks to refill it.
2. **Wear appropriate clothing** - Light, loose-fitting clothing made from breathable fabrics can help keep employees cool and reduce the risk of heat exhaustion. Our dress code is flexible to allow staff to wear clothes that is keeping with job duties and weather, while remaining professional.
3. **Take breaks in a cool environment** - Take regular breaks in air-conditioned or shaded areas. This will help you to recharge and stay cool during the workday. Most of our locations have areas that are well regulated to help everyone beat the heat.
4. **Use sunscreen** - Employees who work outside should apply sunscreen regularly to protect their skin from harmful UV rays. Employees should bring sunscreen to work in case of longer outings.
5. **Be aware of the signs of heat exhaustion** - Symptoms of heat exhaustion include dizziness, nausea, headache, weakness, and confusion. If an employee experiences any of these symptoms, they should take a break in a cool environment and seek medical attention if necessary.

By following these tips and taking additional precautions, Beth Tikvah works to promote enjoyment and safety while outdoors during the warmer months. Remember to stay cool, hydrated, and take breaks when needed.