

INSIDE THIS
ISSUE:

FALL, 2012

The importance
of Vans 2

Matthew's Move 2

PCL's Nursing
Student
Volunteers 3

Congratulations
Crimson! 3

Picture perfect
summer! 3

Raffles and
Christmas
Dinners 3

From our ED 4

MILESTONES

Congratulations to the following staff who have celebrated significant anniversaries with PCL since our Summer 2012 Newsletter

10 Years

Sue Keller

5 Years

Ellen Lehman

Heather MacNeil

3 Years

Amber Parks

A Summer of Changes

It has indeed been a summer of changes at PCL. In August, PCL sold its long time home on Westvale Dr., an event that coincided with the completion of construction at our new home on Mon-



arch Place. Many staff, families and friends assisted with the relocation of twelve individuals in PCL's care. Though not an easy feat, PCL is now

able to serve even more individuals and with more 24 hour support than at any other time in our history. The famous American physician and writer, Deepak Chopra, once said "All great changes are preceded by chaos." Yes, it has been chaotic but it is "great change".

Never a Dull Moment at Casey Home

By Stephanie Coulas,
SSP Casey Home

Catherine, Kathy, Nancy, Paula and Laura are "the Casey Ladies" and love every minute of it! At any given moment you can find them singing, dancing, laughing, crafting or hugging. These ladies consider each other family and enjoy doing anything and everything together!

At Casey there are no shortage of programs and activities going on! Aqua fit is a highlight for most of the ladies throughout the week where they spend an hour at the YMCA workin' it in their swim suits!! All 5 ladies spend Monday and Wednesday evenings at the Adult Learning Centre furthering their knowledge of math, English, computer and life skills. On the week-

ends, the ladies hit the bowling alley for a friendly game of 10 pin! All the ladies agree that their favourite time spent together throughout the week is with their friend Bea who comes on Tuesday afternoons with coffee, tea and crafts for the ladies to make! This is a time they get to unleash their creativity, socialize and laugh together. The ladies appreciate Bea and all of the love and care that she has given to the Casey house!

Kathy talked about what she loves about living at Casey and said that "the ladies that I live with are so much fun! They are like my family. I love that there are always so

many activities going on that we all do together. I never feel like I am alone, because there is always somebody to do things with".

Each lady that lives at the Casey house is valued and contributes to making the house run as smoothly as it does! They respect each other, love each other and are always helping each other out. These ladies are a tight-knit clan that constantly leans on one another for support, encouragement and to accomplish their goals!





Vans play a very important role in the lives of those in our care. Please consider a donation towards new vans for PCL. Your donation truly makes a difference .

“Matthew loves hanging out with his housemates, listening to music and dancing.”

Matthew C.
at his new
home on
Westheights
Drive



What Would We Do Without Vans?

By Gayle Rogan,
SSP Blueridge Home

The PCL house vans are the means by which we are able to create the freedom for the individuals we serve that they are unable to create for themselves, and that most people take for granted. Our house vans are vital in getting to and from health-related appointments, in making it possible for individuals to pursue activities of interest to them and in al-

lowing those we support to get out to community social events. We drive individuals to and from the day programs that allow us to maximize the staffing hours available to each house. The space in our vans allows us to be able to transport people from several different houses to one event or to accommodate the luggage necessary to take individuals on vacation. Our vehicles become moving vans when

we need to share furniture and other household objects or when we are collecting yard sale items for fundraising purposes. Imagine never being able to have your own car, call for a cab or contact a friend when you need a ride. Those in our care at PCL trust that we will get them to where ever they need or want to go, and our vehicle for doing that at each and every PCL home is the house van.

Matthew's Move

Matthew C. now calls PCL's home on Westheights Dr. "home", but the journey began long before that moving day this past June, PCL has considered Matt "family" for several years as he has often visited and spent time at the childrens respite home, but his journey to a permanent residency started this past spring. Before moving in, Matthew took a tour of the home with his grandparents and met some of the staff, in particular Steven A. the Senior Support Provider. In no time, friendships grew and Matt began to get very excited about his upcoming move.

Finally, that long awaited day arrived. Matthew, his belong-

ings and everything needed to make him comfortable were moved in by his family with the assistance of staff. As with any change, there was lots to adjust to, however, Matthew settled right in. It was as if he had been living there forever.

Matt's passion is music and he likes to discuss different genres of music. Matt is quick to laugh, and staff and house mates enjoy his quick outbursts of joyous laughter. He also loves dancing and going on outings, Recently, Matt went Oktoberfesting at the Alpine Club with several of his new PCL friends.

It is now 5 months since Matthew has made Westheights his home. He was asked by staff what he likes best about his new home. Matthew said, "He likes the staff because

they treat him with respect", "He enjoys the food, because it is good", and "He loves hanging out with his housemates, listening to music and dancing", "He loves his big room, with his laptop with internet and his big screen television." Matt is registered with Sports for Special Athletes, and enjoys playing Basketball and Floor Hockey.

Matthew has adapted and settled in very quickly. He has become a part of a family environment in which he is learning a great deal. His teachers and grandparents have expressed gratitude and thanks to PCL staff for supporting Matthew as he becomes more mature and independent in a new home where he is comfortable, and can be himself.

Nursing Student Placements



Brier and her new friends at Stanwood Home

By Brier Pennanen

I am a second year nursing student at Conestoga College through McMaster University. As part of our program, we are required in first year to select a placement to improve our understanding of diverse populations in our community. I chose Parents for Community Living for my two

year placement because of a positive experience working at a camp with a similar client base. I also wanted to have the opportunity to work closely with a few people so that I could understand more deeply the health challenges they face.

It has been incredibly rewarding working with PCL clients as their "buddy." The goal of my placement is to help engage two women in physical activity. Our visits often include shopping, bowling, walks and dancing. As many of us know, it is hard to

stay motivated to exercise when you do it by yourself. With a buddy to chat and laugh with, I hope that exercise has become a little bit more manageable for the women that I volunteer with. My placement with PCL has encouraged me to see beyond the narrow approach to health that I came with into the nursing program. It has helped me to recognize that a diagnosis is not the only thing that shapes an individual's health. My placement with PCL has also taught me that being a student nurse is not just about working through the requirements of the course, but also being civically engaged in a community where I live and work.

"My placement with PCL has encouraged me to see beyond the narrow approach to health that I came with into the nursing program."

Pamper Yourself For A Year raffle tickets are here again.

Tickets cost \$20, and \$10 from each ticket sale comes back to PCL!!

We all Win!!!

Last year PCL sold 121 tickets, 10 of which were winners! What terrific odds! Buy tickets early and be ready for the early bird draw on December 20, 2012.

The main draw will be March 9, 2013. Tickets are available at the office.

PCL Christmas Dinner

Thursday, December, 13, 5:00 pm

St. Francis of Assisi Church, 49 Blueridge Ave., Kit.

Tickets: \$15

Available at the PCL office, 30 Dupont St. E.

Unit L2, Waterloo,

Or by contacting Donna at 519-742-5849 or

donnal@pclkw.org

HAPPY 20TH ANNIVERSARY TO CRIMSON HOME



Another Great Summer!!

Board Members

Jeff Harris (chair)

Trenny McGinnis (vice chair)

Darren Becks

Tim Flannery

Gary Howell

Ed Koenig

Chris Lasovich

Daniel Paquin

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MISSION

To enhance the quality of life of individuals with developmental disabilities by providing services and family-like homes in our community

VISION

Every individual with developmental disabilities lives with dignity as a valued member of our community.



Join us on Facebook.

Search Parents For Community Living on your Facebook page, then "like" our page.

From our ED, Kathy Loveys

From Restriction to Inclusion

Over the years that I have served in the capacity of Executive Director at Parents for Community Living, I have had the privilege of opening seven new group homes for many new adults and children from our community. This process is often met with various challenges including finding the appropriate home in the right neighbourhood. This challenge is made much more difficult with municipal by-laws indicating that group homes must be a certain distance apart from each other. In 2010 the city of Kitchener was included in a Human Rights challenge that said minimum distance bylaws impact choice, cost and affordability of housing for those with developmental disabilities. As of September 2012, this restriction is now history in the City of Kitchener. This is great news and it is hoped that the cities of Waterloo and Cambridge will also follow suit.

From NIMBYism to Warm Welcome

Another challenge that I have often faced is the negative response of neighbours to the addition of a group home on their street. In the past I have

attended extremely hostile public meetings as I provided, as a courtesy, information and education about those we support to our new neighbours. Thankfully this type of information session is no longer required. Can you imagine attending a meeting to inform YOUR new neighbours about who you are and why you want to live in 'their' neighbourhood, and being met with prying questions about your personal uniqueness? Our move to the Monarch home in Waterloo has been the complete opposite experience to the NIMBYism (Not In My BackYard) we have faced in the past. We held a Board



Chris and John, our welcoming Monarch neighbours.

meeting at the new home before it was renovated and we were welcomed by a neighbour bringing a cake for us to enjoy welcoming us the neighbourhood. Our next door neighbours Chris and John welcomed us with open arms. They purchased and donated hundreds of dollars worth of shrubs and plants and have volunteered to be our gardeners. The picture in this newsletter shows the outcome of their hard manual labour—a labour of warmth and welcome. Prior to making this donation, Chris and John took pictures of the area and took them to Meadow Acres, who provided their gardening expertise to sketch a diagram of what they should plant and where at the Monarch home. Meadow Acres provided free assistance and reduced prices to assist with this volunteer project.

Thank you Monarch neighbours for welcoming us to this neighbourhood and leading by example as to how people with disabilities should be included in our community!!

As Bob Dylan once said, 'The times they are a changin.' If this experience is any indication, yes indeed they are!